



Asparagus, Ham and Egg Bake

 Gluten Free

READY IN



575 min.

SERVINGS



12

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 lb finely-chopped ham cooked chopped
- 1 lb asparagus fresh cut into 1-inch pieces
- 30 oz hash browns shredded frozen thawed
- 0.5 cup onion chopped
- 8 oz cheddar cheese shredded
- 0.3 cup parmesan cheese grated
- 12 eggs
- 1.3 cups milk

- 8 oz cream sour
- 2 teaspoons lemon pepper
- 2 teaspoons ground mustard
- 1 cup oatmeal cornflakes
- 2 tablespoons butter melted

Equipment

- bowl
- oven
- knife
- whisk
- baking pan
- kitchen thermometer
- glass baking pan

Directions

- Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In large bowl, toss ham, asparagus, potatoes, onion and cheeses. Spoon into baking dish.
- In same bowl, beat eggs, milk, sour cream, lemon-pepper seasoning salt and mustard with fork or wire whisk until well mixed.
- Pour egg mixture over potato mixture. (Baking dish will be very full.) Cover; refrigerate 8 hours or overnight.
- Heat oven to 325°F. Uncover baking dish; bake 35 minutes. Meanwhile, in small bowl, toss cornflake crumbs and butter.
- Sprinkle cornflake mixture over partially baked casserole.
- Bake uncovered 30 to 35 minutes longer or until knife inserted in center comes out clean and thermometer inserted in center reads 160°F.
- Remove from oven; let stand 15 minutes before serving.

Nutrition Facts



■ PROTEIN 19.73% ■ FAT 45.04% ■ CARBS 35.23%

Properties

Glycemic Index:15.58, Glycemic Load:4.56, Inflammation Score:-8, Nutrition Score:23.180434600167%

Flavonoids

Isorhamnetin: 2.49mg, Isorhamnetin: 2.49mg, Isorhamnetin: 2.49mg, Isorhamnetin: 2.49mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg

Nutrients (% of daily need)

Calories: 387.67kcal (19.38%), Fat: 19.69g (30.3%), Saturated Fat: 8.59g (53.68%), Carbohydrates: 34.66g (11.55%), Net Carbohydrates: 31.98g (11.63%), Sugar: 4.98g (5.54%), Cholesterol: 212.39mg (70.8%), Sodium: 638.81mg (27.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.81%), Iron: 8.26mg (45.9%), Vitamin B2: 0.77mg (45.32%), Selenium: 27.97µg (39.96%), Phosphorus: 360.94mg (36.09%), Vitamin B1: 0.54mg (35.68%), Vitamin B12: 2.05µg (34.19%), Vitamin B6: 0.62mg (31.03%), Folate: 121.24µg (30.31%), Vitamin B3: 5.87mg (29.33%), Vitamin A: 1327.32IU (26.55%), Calcium: 249.9mg (24.99%), Vitamin C: 17.16mg (20.8%), Zinc: 2.53mg (16.83%), Vitamin K: 17.3µg (16.47%), Potassium: 523.03mg (14.94%), Vitamin B5: 1.48mg (14.78%), Manganese: 0.28mg (14.18%), Vitamin D: 1.99µg (13.29%), Copper: 0.25mg (12.69%), Magnesium: 43.34mg (10.83%), Fiber: 2.67g (10.7%), Vitamin E: 1.24mg (8.29%)