



Bacon-and-Egg Casserole

READY IN



45 min.

SERVINGS



10

CALORIES



453 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 0.5 pound bacon crumbled cooked (8 slices)
- ☐ 8 large eggs
- ☐ 16 ounce hawaiian bread loaf cut into 3/4-inch cubes
- ☐ 2.5 cups milk
- ☐ 1 teaspoon mustard dried
- ☐ 0.5 teaspoon pepper
- ☐ 10 servings salsa fresh sliced
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces mexican four-cheese blend shredded finely

☐ 0.5 teaspoon worcestershire sauce

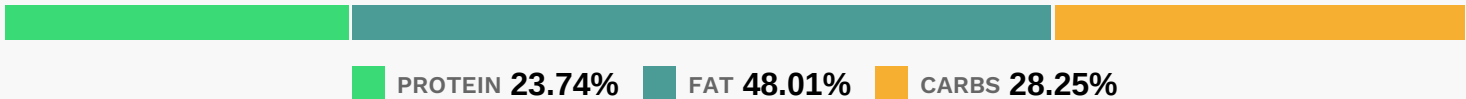
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Arrange bread cubes in a lightly greased 13- x 9-inch baking dish.
- ☐ Sprinkle with shredded cheese and crumbled bacon.
- ☐ Whisk together eggs, milk, salt, pepper, mustard, and Worcestershire sauce.
- ☐ Pour over prepared dish; press down bread cubes with a spoon to allow bread to soak up liquid. Cover and chill 8 hours.
- ☐ Let stand 30 minutes before baking.
- ☐ Bake at 350 for 35 minutes or until set and golden.
- ☐ Serve with salsa or sliced fresh tomatoes.
- ☐ Note: Hawaiian bread may be found in the deli section of supermarket. Ten to 12 white bread slices, cubed, may be substituted for Hawaiian bread.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:1.1, Inflammation Score:-4, Nutrition Score:13.586956710919%

Nutrients (% of daily need)

Calories: 453.13kcal (22.66%), Fat: 24.3g (37.38%), Saturated Fat: 11.42g (71.39%), Carbohydrates: 32.17g (10.72%), Net Carbohydrates: 29.91g (10.88%), Sugar: 14.32g (15.92%), Cholesterol: 224.61mg (74.87%), Sodium: 1064mg (46.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.04g (54.08%), Selenium: 28.8µg (41.15%), Phosphorus: 339.26mg (33.93%), Calcium: 259.49mg (25.95%), Iron: 4.39mg (24.41%), Vitamin B2: 0.4mg (23.7%), Vitamin B12: 1.21µg (20.19%), Vitamin B6: 0.3mg (14.87%), Zinc: 2.21mg (14.75%), Vitamin B3: 2.87mg (14.33%), Vitamin B1: 0.19mg (12.99%), Vitamin A: 627.41IU (12.55%), Vitamin B5: 1.22mg (12.18%), Vitamin D: 1.68µg (11.17%),

Potassium: 366.21mg (10.46%), Fiber: 2.26g (9.02%), Magnesium: 30.07mg (7.52%), Vitamin E: 1mg (6.64%), Folate: 23.1µg (5.78%), Copper: 0.08mg (4.1%), Manganese: 0.07mg (3.75%), Vitamin K: 2.39µg (2.27%)