



## Bacon Breakfast Casserole

READY IN



150 min.

SERVINGS



6

CALORIES



424 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 8 slices oscar mayer bacon crumbled cooked
- 4 oz mushrooms drained sliced canned
- 4 eggs
- 2 green onions sliced
- 1.5 cups mild cheddar cheese shredded kraft
- 2 cups milk
- 8 slices bread white divided trimmed

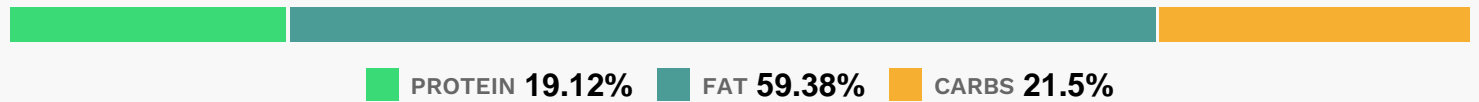
### Equipment

- oven
- whisk
- baking pan

## Directions

- Place 4 of the bread slices on bottom of greased 8-inch square baking dish; top with bacon, mushrooms, onions and cheese. Cover with remaining 4 bread slices.
- Beat eggs and milk with wire whisk until well blended; pour over bread; cover. Refrigerate at least 1 hour or overnight.
- Bake, uncovered, in preheated 350F-oven for 1 hour or until center is set.
- Let stand 10 minutes before cutting to serve.

## Nutrition Facts



## Properties

Glycemic Index:28.63, Glycemic Load:13.38, Inflammation Score:-5, Nutrition Score:15.627826055755%

## Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 424.33kcal (21.22%), Fat: 27.9g (42.92%), Saturated Fat: 12.04g (75.23%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 21.41g (7.78%), Sugar: 6.43g (7.14%), Cholesterol: 166.49mg (55.5%), Sodium: 691.47mg (30.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.22g (40.44%), Selenium: 32.97µg (47.11%), Calcium: 392.95mg (39.3%), Phosphorus: 363.47mg (36.35%), Vitamin B2: 0.48mg (28.34%), Vitamin B1: 0.33mg (22.25%), Vitamin B12: 1.15µg (19.11%), Zinc: 2.54mg (16.93%), Vitamin B3: 3.21mg (16.05%), Folate: 61.55µg (15.39%), Vitamin B5: 1.37mg (13.67%), Vitamin A: 624.29IU (12.49%), Vitamin B6: 0.24mg (12.08%), Vitamin D: 1.81µg (12.04%), Manganese: 0.24mg (11.88%), Iron: 2.01mg (11.15%), Magnesium: 37.06mg (9.27%), Potassium: 316.73mg (9.05%), Vitamin K: 9.36µg (8.91%), Copper: 0.13mg (6.63%), Fiber: 1.32g (5.3%), Vitamin E: 0.78mg (5.23%)