



## Bacon, Egg & Broccoli Bake

 **Gluten Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



1

CALORIES



2450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 slices oscar mayer bacon cooked chopped
- 2 cups broccoli florets
- 1 cup four cheese shredded mexican style divided kraft finely
- 6 6-inch corn tortillas cut in half ( )
- 0.7 cup knudsen cream sour divided
- 8 eggs
- 4 green onions divided chopped
- 1 bell pepper red finely chopped

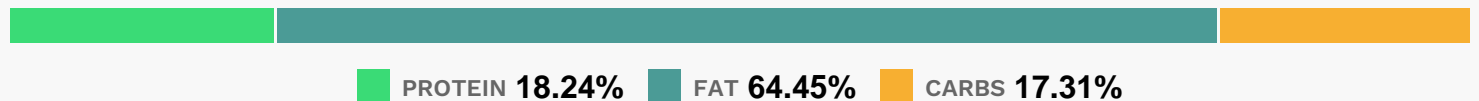
## Equipment

- bowl
- frying pan
- oven
- knife
- whisk

## Directions

- Heat oven to 375F.
- Spray 8-inch square pan with cooking spray; cover bottom of pan with 6 tortilla halves. Reserve 1 Tbsp. onions for later use; sprinkle remaining onions over tortillas in pan. Top with broccoli, peppers and bacon.
- Whisk eggs in medium bowl until blended; stir in 1/3 cup sour cream and 1/4 cup cheese.
- Pour over ingredients in pan; top with remaining tortilla halves and cheese. Cover.
- Bake 45 min. or until knife inserted in center comes out clean, uncovering after 30 min.
- Sprinkle with reserved onions.
- Serve topped with remaining sour cream.

## Nutrition Facts



## Properties

Glycemic Index:173.5, Glycemic Load:35.49, Inflammation Score:-10, Nutrition Score:78.760870062787%

## Flavonoids

Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg Kaempferol: 14.95mg, Kaempferol: 14.95mg, Kaempferol: 14.95mg, Kaempferol: 14.95mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg

## Nutrients (% of daily need)

Calories: 2450.18kcal (122.51%), Fat: 177.06g (272.41%), Saturated Fat: 72.6g (453.76%), Carbohydrates: 107g (35.67%), Net Carbohydrates: 88.7g (32.25%), Sugar: 17.49g (19.43%), Cholesterol: 1629.07mg (543.02%), Sodium: 2594.21mg (112.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 112.71g (225.43%), Vitamin C: 325.07mg (394.02%), Vitamin K: 296.9µg (282.76%), Selenium: 195.57µg (279.38%), Phosphorus: 2243.13mg (224.31%), Vitamin A: 9394.88IU (187.9%), Vitamin B2: 2.96mg (174.18%), Calcium: 1414.49mg (141.45%), Vitamin B6: 2.24mg (112.16%), Folate: 406.29µg (101.57%), Zinc: 14.55mg (96.97%), Vitamin B12: 5.53µg (92.21%), Vitamin B5: 8.98mg (89.81%), Fiber: 18.31g (73.23%), Magnesium: 283.62mg (70.91%), Vitamin B1: 1.06mg (70.43%), Potassium: 2361.77mg (67.48%), Vitamin E: 9.88mg (65.89%), Iron: 11.64mg (64.66%), Manganese: 1.25mg (62.35%), Vitamin B3: 12.46mg (62.32%), Vitamin D: 8.42µg (56.15%), Copper: 0.78mg (39.09%)