



Bacon, Tomato and Cheddar Breakfast Bake with Eggs

READY IN



120 min.

SERVINGS



30

CALORIES



235 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 1 pound applewood-smoked bacon sliced cut into 1/2-inch pieces
- 16 cups bakery bread white cut into 1-inch cubes
- 28 ounces canned tomatoes whole dry italian drained chopped (1 can)
- 2 tablespoons chives snipped
- 0.5 teaspoon pepper red crushed
- 8 large eggs (large)
- 30 servings hot sauce for serving
- 1.8 cups chicken broth low-sodium

- 2 cups monterrey jack cheese shredded
- 0.3 cup olive oil extra-virgin
- 1 large onion halved thinly sliced (large)
- 30 servings salt
- 2 cups cheddar shredded extra-sharp

Equipment

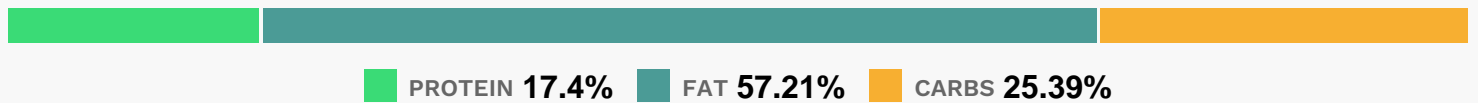
- bowl
- frying pan
- baking sheet
- paper towels
- ladle
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Preheat the oven to 35
- Lightly oil a 9-by-13-inch glass baking dish. In a large bowl, toss the bread with the olive oil and spread on a large rimmed baking sheet.
- Bake for about 20 minutes, tossing once or twice, until the bread is golden and lightly crisp.
- Meanwhile, in a large skillet, cook the bacon over moderately high heat, stirring occasionally, until crisp, about 8 minutes.
- Transfer the bacon to paper towels to drain; reserve 2 tablespoons of the fat in the skillet.
- Add the onion to the skillet and cook over moderate heat, stirring occasionally, until softened, about 5 minutes.
- Add the tomatoes and crushed red pepper and cook until any liquid is evaporated, about 3 minutes.
- Return the toasted bread cubes to the bowl.

- Add the contents of the skillet, along with the bacon, shredded cheeses, chives and broth. Stir until the bread is evenly moistened. Season with salt.
- Spread the mixture in the baking dish and cover with lightly oiled foil.
- Bake the bread mixture in the center of the oven for 30 minutes.
- Remove the foil and bake until the top is crispy, about 15 minutes longer. Carefully remove the baking dish from the oven and, using a ladle, press 8 indentations into the bread mixture. Crack an egg into each indentation. Return the dish to the oven and bake for about 15 minutes, until the egg whites are set but the yolks are still runny.
- Serve the breakfast bake right away with hot sauce.

Nutrition Facts



Properties

Glycemic Index:7.96, Glycemic Load:9.13, Inflammation Score:-3, Nutrition Score:8.311739175216%

Flavonoids

Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 234.5kcal (11.72%), Fat: 14.94g (22.99%), Saturated Fat: 5.8g (36.23%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 13.76g (5.01%), Sugar: 2.79g (3.11%), Cholesterol: 73.82mg (24.61%), Sodium: 564.25mg (24.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.23g (20.46%), Selenium: 16.12µg (23.03%), Calcium: 179.46mg (17.95%), Phosphorus: 157.52mg (15.75%), Vitamin B1: 0.19mg (12.97%), Vitamin B2: 0.21mg (12.54%), Vitamin B3: 2.29mg (11.47%), Manganese: 0.21mg (10.29%), Folate: 40.46µg (10.11%), Iron: 1.57mg (8.74%), Zinc: 1.16mg (7.74%), Vitamin B6: 0.14mg (7.22%), Vitamin E: 0.94mg (6.25%), Vitamin B12: 0.35µg (5.84%), Vitamin A: 286.99IU (5.74%), Vitamin B5: 0.54mg (5.45%), Copper: 0.11mg (5.44%), Potassium: 186.43mg (5.33%), Magnesium: 20.04mg (5.01%), Fiber: 1.16g (4.63%), Vitamin C: 3mg (3.63%), Vitamin K: 3.43µg (3.26%), Vitamin D: 0.42µg (2.78%)