



Bagel and Cheese Bake

READY IN



540 min.

SERVINGS



12

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bacon diced
- 3 bagels plain
- 12 eggs beaten
- 2 teaspoons parsley fresh chopped
- 2 cups milk
- 0.5 cup onion chopped
- 0.5 cup parmesan cheese grated
- 0.3 teaspoon pepper
- 1 cup sharp cheddar cheese shredded

Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Place the bacon and onion in a large, deep skillet. Cook over medium-high heat until evenly brown.
- Drain, and set aside. Slice each bagel into 4 thin slices.
- Arrange 6 bagel slices in the bottom of a lightly greased 9x13 inch baking dish. Cover with the bacon and onion mixture, followed by the Cheddar cheese. Top with remaining bagel slices.
- In a medium bowl, whisk together the eggs, milk, parsley, and pepper.
- Pour the egg mixture over the bagel layers. Cover, and refrigerate 8 hours or overnight.
- Preheat oven to 400 degrees F (200 degrees C). Uncover the chilled bagel dish, and bake in the preheated oven 25 to 30 minutes, or until eggs are firm.
- Sprinkle with Parmesan cheese, and serve warm.

Nutrition Facts



PROTEIN 21.15% FAT 54.51% CARBS 24.34%

Properties

Glycemic Index:19, Glycemic Load:10.58, Inflammation Score:-3, Nutrition Score:9.7921738935554%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 297.06kcal (14.85%), Fat: 17.78g (27.36%), Saturated Fat: 7.16g (44.76%), Carbohydrates: 17.87g (5.96%), Net Carbohydrates: 17.14g (6.23%), Sugar: 2.44g (2.71%), Cholesterol: 194.08mg (64.69%), Sodium: 478.01mg (20.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.52g (31.05%), Selenium: 22.24µg (31.77%), Phosphorus: 252.16mg (25.22%), Vitamin B2: 0.34mg (20.23%), Calcium: 185.48mg (18.55%), Vitamin B12: 0.86µg (14.36%), Zinc: 1.73mg (11.51%), Vitamin B5: 1.09mg (10.88%), Vitamin D: 1.48µg (9.87%), Vitamin B1: 0.14mg (9.49%), Vitamin B6: 0.18mg (9.06%), Vitamin A: 442.63IU (8.85%), Manganese: 0.18mg (8.81%), Folate: 29.98µg (7.5%), Iron: 1.26mg (6.99%), Vitamin B3: 1.31mg (6.57%), Magnesium: 24.79mg (6.2%), Potassium: 210.95mg (6.03%), Copper: 0.09mg (4.54%), Vitamin E: 0.66mg (4.38%), Fiber: 0.73g (2.91%)