

Baked Eggs



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



236 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 12 eggs
- ☐ 5 ounce evaporated milk canned
- ☐ 1 teaspoon ground mustard dry
- ☐ 1 salt and pepper to taste
- ☐ 1 cup cheddar cheese shredded

Equipment

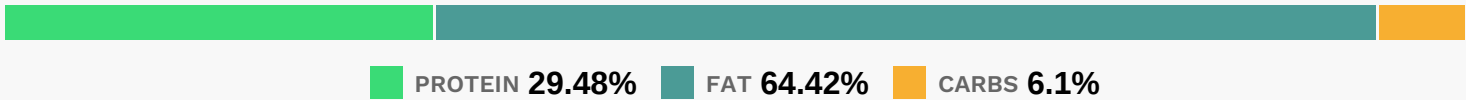
- ☐ bowl
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Lightly grease a 9x13-inch baking dish.
- ☐ Sprinkle cheese evenly in the bottom of the baking dish. In a large bowl, beat together eggs, milk, mustard powder, salt and pepper.
- ☐ Pour egg mixture on top of cheese.
- ☐ Bake in preheated oven for 40 minutes or until firm.
- ☐ Let cool slightly before cutting into squares to serve.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:11.756956544907%

Nutrients (% of daily need)

Calories: 236.27kcal (11.81%), Fat: 16.68g (25.66%), Saturated Fat: 7.46g (46.64%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 3.52g (1.28%), Sugar: 2.78g (3.09%), Cholesterol: 353.04mg (117.68%), Sodium: 273.22mg (11.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.17g (34.34%), Selenium: 33.58µg (47.98%), Vitamin B2: 0.56mg (32.98%), Phosphorus: 311.21mg (31.12%), Calcium: 244.98mg (24.5%), Vitamin B12: 1.02µg (17.01%), Vitamin B5: 1.58mg (15.8%), Vitamin A: 720.48IU (14.41%), Zinc: 2.03mg (13.52%), Vitamin D: 1.9µg (12.64%), Folate: 47.74µg (11.94%), Iron: 1.65mg (9.14%), Vitamin B6: 0.18mg (8.79%), Vitamin E: 1.12mg (7.47%), Potassium: 209.98mg (6%), Magnesium: 22.55mg (5.64%), Copper: 0.08mg (3.78%), Vitamin B1: 0.05mg (3.63%), Manganese: 0.04mg (1.81%)