



BOCA Morning Bake

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 boca veggie breakfast links frozen chopped
- 0.5 cup bread crumbs plain dry
- 1 cup cholesterol-free egg product
- 0.5 lb mushrooms fresh finely chopped
- 3 green onions sliced
- 0.1 tsp ground pepper red (cayenne)
- 1 Tbsp butter
- 0.5 cup bell peppers red chopped

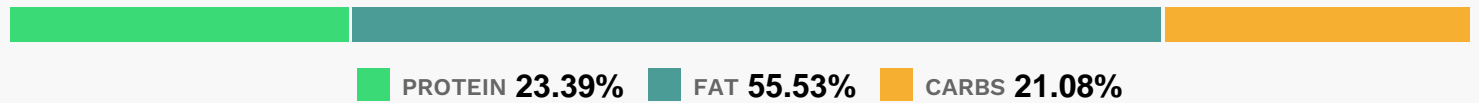
Equipment

- frying pan
- oven

Directions

- Heat oven to 350F.
- Melt margarine in large nonstick skillet on medium-high heat.
- Add mushrooms; cook and stir 8 min. or until liquid is evaporated.
- Remove from heat. Stir in bread crumbs.
- Press mushroom mixture onto bottom of 9-inch pie plate sprayed with cooking spray.
- Combine remaining ingredients; pour over crust.
- Bake 20 min. or until center is set.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:2.2365217286607%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 34.9kcal (1.74%), Fat: 2.16g (3.33%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.42g (0.47%), Cholesterol: 32.53mg (10.84%), Sodium: 50.95mg (2.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Selenium: 3.65µg (5.22%), Vitamin B2: 0.08mg (4.83%), Vitamin C: 3.59mg (4.36%), Phosphorus: 31.23mg (3.12%), Vitamin A: 155.77IU (3.12%), Vitamin B3: 0.59mg (2.93%), Vitamin B5: 0.28mg (2.79%), Vitamin K: 2.77µg (2.64%), Vitamin B1: 0.04mg (2.53%), Folate: 8.97µg (2.24%), Vitamin B6: 0.04mg (2.11%), Copper: 0.04mg (1.91%), Iron: 0.33mg (1.85%), Vitamin B12: 0.11µg (1.84%), Zinc: 0.25mg (1.69%), Potassium: 55.91mg (1.6%), Vitamin D: 0.22µg (1.47%), Manganese: 0.03mg (1.37%), Vitamin E: 0.16mg (1.04%)