



Breakfast Casserole

 Vegetarian

READY IN



70 min.

SERVINGS



10

CALORIES



150 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 0.3 tsp pepper black
- 0.8 cup milk cheddar cheese shredded 2% kraft
- 2 cups cholesterol-free egg product
- 1 cup milk fat-free
- 1 bell pepper green chopped
- 1 tsp penzey's southwest seasoning dried italian
- 1 small onion chopped
- 1 bell pepper red chopped

4 slices bread whole wheat

Equipment

bowl

frying pan

oven

knife

Directions

Heat oven to 350F.

Cook vegetables in medium nonstick skillet sprayed with cooking spray on medium-high heat 4 min. or until crisp-tender, stirring occasionally.

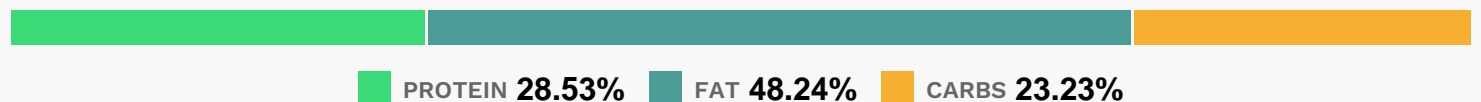
Place in large bowl.

Add egg product, milk, cheese and seasonings; mix well.

Place bread in 2-qt. casserole sprayed with cooking spray; top with egg product mixture.

Bake 45 to 50 min. or until knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:23.59, Glycemic Load:3.69, Inflammation Score:-6, Nutrition Score:10.918260937152%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 149.73kcal (7.49%), Fat: 7.99g (12.3%), Saturated Fat: 3.26g (20.39%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 7.33g (2.67%), Sugar: 3.03g (3.37%), Cholesterol: 190mg (63.33%), Sodium: 186.05mg (8.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.63g (21.27%), Vitamin C: 25.32mg (30.69%), Selenium: 20.76µg (29.65%), Phosphorus: 192.85mg (19.29%), Vitamin B2: 0.33mg (19.21%), Vitamin A: 817.77IU (16.36%),

Manganese: 0.31mg (15.33%), Calcium: 144.46mg (14.45%), Vitamin B12: 0.66µg (11.07%), Vitamin B5: 1mg (10.05%), Vitamin B6: 0.2mg (9.93%), Folate: 38.24µg (9.56%), Zinc: 1.31mg (8.72%), Vitamin D: 1.29µg (8.62%), Iron: 1.33mg (7.38%), Vitamin B1: 0.1mg (6.41%), Vitamin E: 0.9mg (6.01%), Magnesium: 23.57mg (5.89%), Potassium: 201.6mg (5.76%), Fiber: 1.33g (5.33%), Copper: 0.08mg (3.9%), Vitamin B3: 0.76mg (3.78%), Vitamin K: 3.92µg (3.73%)