



## Broadway Family Easter Egg Bake

READY IN



95 min.

SERVINGS



15

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons butter softened
- 10.8 ounce cream of chicken soup canned
- 0.3 teaspoon dill weed dried
- 8 eggs
- 0.8 cup milk
- 6 slices caraway rye bread dark
- 0.5 teaspoon lawry's seasoned salt
- 2 cups swiss cheese shredded

- 1 cup onion white sliced
- 1 teaspoon mustard yellow prepared

## Equipment

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

## Directions

- Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat, cover, and let the eggs stand in the hot water for 15 minutes.
- Pour out the hot water, then cool the eggs under cold running water in the sink. Peel once cold, and cut into 1/4-inch thick slices.
- Preheat an oven to 350 degrees F (175 degrees C).
- Melt 1 tablespoon of butter in a skillet over medium heat. Cook and stir the onion in the butter until the onion has softened and turned translucent, about 5 minutes.
- Spread the onion evenly into a 9x13-inch baking dish. Arrange sliced eggs over top, and sprinkle with the Swiss cheese.
- Whisk the condensed soup and milk together in a bowl until smooth. Season with mustard, seasoned salt, dill, and black pepper.
- Pour the mixture over the eggs. Butter the rye bread with 2 tablespoons of softened butter, and cut each slice into quarters.
- Place on top of the casserole, butter-side-up, overlapping if necessary.
- Bake in the preheated oven until the bread is beginning to brown and the casserole is hot, 30 to 35 minutes.

## Nutrition Facts



■ PROTEIN 21.57% ■ FAT 55.28% ■ CARBS 23.15%

## Properties

Glycemic Index:20.09, Glycemic Load:3.97, Inflammation Score:-3, Nutrition Score:7.0121739117996%

## Flavonoids

Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

## Nutrients (% of daily need)

Calories: 166.89kcal (8.34%), Fat: 10.22g (15.72%), Saturated Fat: 4.97g (31.08%), Carbohydrates: 9.63g (3.21%), Net Carbohydrates: 8.68g (3.16%), Sugar: 1.73g (1.93%), Cholesterol: 107.79mg (35.93%), Sodium: 378.06mg (16.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.94%), Selenium: 16.3µg (23.28%), Calcium: 172.1mg (17.21%), Phosphorus: 167.78mg (16.78%), Vitamin B2: 0.22mg (13.16%), Vitamin B12: 0.71µg (11.88%), Zinc: 1.21mg (8.07%), Manganese: 0.15mg (7.37%), Folate: 28.92µg (7.23%), Vitamin A: 352.13IU (7.04%), Iron: 1.05mg (5.82%), Vitamin B5: 0.58mg (5.79%), Vitamin B1: 0.08mg (5.45%), Magnesium: 16.36mg (4.09%), Vitamin D: 0.6µg (4.02%), Vitamin B6: 0.08mg (4.02%), Copper: 0.08mg (3.93%), Fiber: 0.95g (3.8%), Vitamin E: 0.54mg (3.59%), Potassium: 109.64mg (3.13%), Vitamin B3: 0.62mg (3.1%), Vitamin K: 1.53µg (1.46%), Vitamin C: 0.87mg (1.06%)