



Brunch Casserole

READY IN



40 min.

SERVINGS



8

CALORIES



324 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 6 eggs
- 8 oz oscar mayer ham smoked chopped
- 0.5 cup milk
- 0.5 tsp pepper
- 8 oz crescent dinner rolls refrigerated canned
- 1 cup cheddar cheese shredded kraft
- 1 cup mozzarella cheese shredded kraft

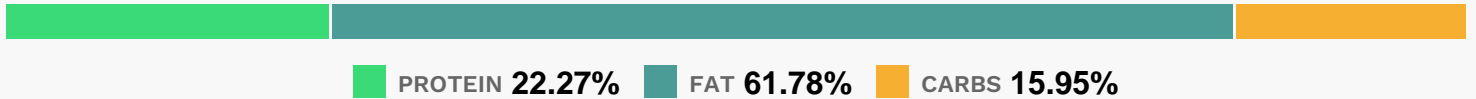
Equipment

- oven
- whisk
- baking pan

Directions

- Heat oven to 350F.
- Unroll dough in 13x9-inch baking dish; press to cover bottom of dish, firmly pressing perforations and seams together to seal. Top with ham.
- Whisk eggs, milk and pepper until blended; pour over ham. Top with cheeses.
- Bake 25 min. or until center is set.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:9.3678261326707%

Nutrients (% of daily need)

Calories: 324.4kcal (16.22%), Fat: 22.41g (34.48%), Saturated Fat: 10.12g (63.24%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 12.99g (4.72%), Sugar: 3.88g (4.31%), Cholesterol: 167.35mg (55.78%), Sodium: 791.89mg (34.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.17g (36.35%), Selenium: 23.24µg (33.2%), Phosphorus: 255.86mg (25.59%), Calcium: 210.34mg (21.03%), Vitamin B2: 0.34mg (19.8%), Vitamin B12: 1.03µg (17.11%), Zinc: 2.07mg (13.83%), Vitamin B1: 0.2mg (13.37%), Vitamin B6: 0.19mg (9.42%), Vitamin A: 439.76IU (8.8%), Vitamin D: 1.17µg (7.78%), Vitamin B5: 0.77mg (7.72%), Iron: 1.28mg (7.1%), Vitamin B3: 1.33mg (6.64%), Folate: 20.33µg (5.08%), Potassium: 172.67mg (4.93%), Magnesium: 18mg (4.5%), Vitamin E: 0.59mg (3.93%), Copper: 0.06mg (2.77%), Manganese: 0.04mg (1.77%)