

DINNER

Brunch Egg Bake

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
65 min	15 min	40 min	12	\$1.18	265 kcal



You can never have too many main course recipes, so give Brunch Egg Bake a try. One portion of this dish contains roughly 18g of protein, 18g of fat, and a total of 268 calories. This recipe serves 12. For \$1.18 per serving, this recipe covers 14% of your daily requirements of vitamins and minerals.

Ingredients

☐ 2 tablespoons butter	☐ 2 cups diced fully cooked ham
☐ ½ teaspoon dried basil	☐ 8 eggs
☐ ½ cup all-purpose flour	☐ 2 tablespoons minced fresh parsley
☐ 1/3 cup sliced green onions	☐ ¼ teaspoon ground black pepper
☐ 1¾ cups milk	☐ 4½ ounce sliced mushrooms, drained
☐ ½ cup chopped red bell pepper	☐ ½ teaspoon salt
☐ 2 cups shredded Cheddar cheese	☐ 2 cups shredded mozzarella cheese

Method

- 1 Preheat oven to 350 degrees F (175 degrees C).
- 2 Combine Cheddar and mozzarella cheese in a small bowl; place 3 cups cheese mixture into a 9x13-inch baking dish.
- 3 Melt butter in a large skillet over medium heat; cook and stir mushrooms, onions, and red pepper until vegetables are tender, about 5 minutes; drain.
- 4 Spread vegetables over cheese mixture. Top mushroom mixture with ham; sprinkle with remaining 1 cup cheese mixture.
- 5 Beat eggs in a bowl; mix in milk, flour, parsley, basil, salt, and pepper. Slowly pour egg mixture into baking dish.
- 6 Bake in preheated oven until a knife inserted near the center comes out clean, 35 to 40 minutes.
- 7 Let stand 10 minutes before cutting.

Nutrition per serving

265	18 g	18 g	8 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			9.2 g · 57% of daily needs
Fibre			0.5 g · 2% of daily needs
Sugar			2.6 g · 3% of daily needs
Sodium			627 mg · 27% of daily needs
Cholesterol			166 mg · 55% of daily needs
Vitamin C			14 mg · 17% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/brunch-egg-bake-148037