



Cauliflower and Bacon Egg Bake

 Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 1 tablespoon olive oil
- 1 cup onion chopped
- 1 head cauliflower separated
- 1 teaspoon salt
- 2 cups milk
- 4 eggs
- 5 slices bacon cooked chopped

- 2 tablespoons chives fresh chopped
- 0.8 cup pizza cheese shredded
- 1 cup frangelico

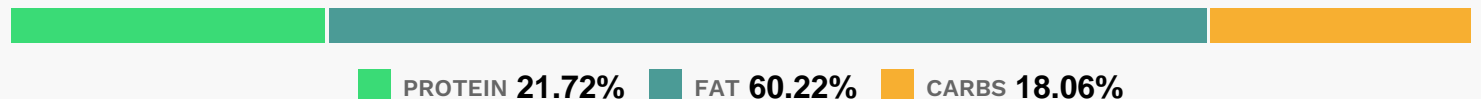
Equipment

- bowl
- frying pan
- oven
- knife
- whisk

Directions

- Heat oven to 350°F. Spray 3-quart casserole with cooking spray.
- In large skillet, heat butter and oil over medium heat.
- Add onion; cook 2 to 3 minutes, stirring occasionally, until soft.
- Add cauliflower and 1/2 teaspoon of the salt. Cook 2 to 3 minutes, stirring occasionally, until cauliflower begins to brown. Spoon mixture into casserole.
- In medium bowl, beat Bisquick mix, milk, eggs and remaining 1/2 teaspoon salt with whisk. Stir in bacon and chives. Reserve 2 tablespoons of the cheese; stir remaining cheese into egg mixture.
- Pour evenly over cauliflower mixture.
- Sprinkle with reserved 2 tablespoons cheese.
- Bake uncovered 35 to 45 minutes or until knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:2.19, Inflammation Score:-5, Nutrition Score:10.566956654839%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 191.92kcal (9.6%), Fat: 13.24g (20.37%), Saturated Fat: 4.99g (31.17%), Carbohydrates: 8.93g (2.98%), Net Carbohydrates: 7.14g (2.6%), Sugar: 5.25g (5.84%), Cholesterol: 103.74mg (34.58%), Sodium: 493.98mg (21.48%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 10.75g (21.49%), Vitamin C: 36.56mg (44.31%), Phosphorus: 163.27mg (16.33%), Selenium: 11.02µg (15.75%), Vitamin B2: 0.25mg (14.52%), Folate: 56µg (14%), Vitamin K: 14.37µg (13.68%), Calcium: 131.04mg (13.1%), Vitamin B6: 0.26mg (12.94%), Vitamin B5: 1.13mg (11.31%), Potassium: 394.05mg (11.26%), Vitamin B12: 0.59µg (9.76%), Vitamin B1: 0.12mg (7.79%), Vitamin D: 1.13µg (7.54%), Manganese: 0.15mg (7.52%), Fiber: 1.8g (7.18%), Vitamin A: 339.98IU (6.8%), Magnesium: 24.68mg (6.17%), Zinc: 0.92mg (6.15%), Vitamin B3: 1mg (5%), Vitamin E: 0.68mg (4.53%), Iron: 0.8mg (4.45%), Copper: 0.06mg (2.95%)