



Charleston Breakfast Casserole

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



434 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 12 slices bacon
- ☐ 1 bell pepper diced (any color)
- ☐ 0.3 cup butter melted
- ☐ 2 cups cheddar cheese grated
- ☐ 3 cups croutons
- ☐ 6 eggs
- ☐ 1.8 cups milk
- ☐ 1 tablespoon mustard prepared

☐ 8 servings salt and pepper to taste

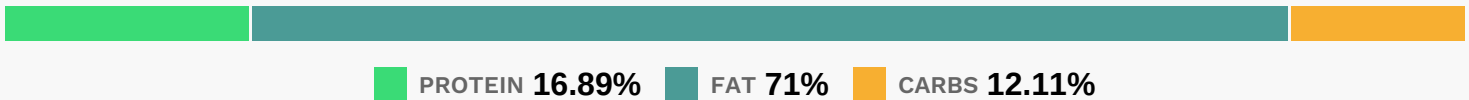
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ stove
- ☐ microwave

Directions

- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and set aside.
- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Melt butter in the microwave, or in a small pan on the stove over low heat. Spray a 9x12 inch baking dish with vegetable spray.
- ☐ Place croutons in the bottom of the dish, and drizzle with melted butter.
- ☐ Sprinkle with grated Cheddar cheese.
- ☐ Crack the eggs into a bowl, whisking to break up the yolks.
- ☐ Add milk, peppers, mustard, salt, and pepper, and beat until well-combined.
- ☐ Pour over the croutons and cheese, and sprinkle with crumbled bacon.
- ☐ Bake in the preheated oven for 40 minutes.
- ☐ Remove from oven and allow to stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:6.87, Inflammation Score:-7, Nutrition Score:14.093478347944%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 433.75kcal (21.69%), Fat: 34.15g (52.54%), Saturated Fat: 15.67g (97.92%), Carbohydrates: 13.11g (4.37%), Net Carbohydrates: 12.14g (4.42%), Sugar: 3.44g (3.82%), Cholesterol: 194.45mg (64.82%), Sodium: 809.51mg (35.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.28g (36.56%), Selenium: 30.72µg (43.88%), Phosphorus: 316.69mg (31.67%), Calcium: 298.1mg (29.81%), Vitamin B2: 0.42mg (24.86%), Vitamin A: 1204.28IU (24.09%), Vitamin C: 19.05mg (23.09%), Vitamin B12: 1.06µg (17.64%), Vitamin B1: 0.22mg (14.96%), Zinc: 2.23mg (14.85%), Vitamin B6: 0.24mg (12.18%), Vitamin B5: 1.11mg (11.14%), Vitamin B3: 2.19mg (10.97%), Folate: 43.48µg (10.87%), Vitamin D: 1.55µg (10.32%), Vitamin E: 1.13mg (7.55%), Potassium: 262.59mg (7.5%), Iron: 1.31mg (7.3%), Magnesium: 28.27mg (7.07%), Manganese: 0.1mg (4.95%), Fiber: 0.97g (3.87%), Copper: 0.07mg (3.49%), Vitamin K: 2.19µg (2.09%)