



Cheddar, Ham and Egg Casserole

READY IN



380 min.

SERVINGS



8

CALORIES



255 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 6 ounces thinly- deli ham
- ☐ 1 tablespoon dijon mustard
- ☐ 3 large egg whites
- ☐ 4 large eggs
- ☐ 4 muffins whole-wheat split english toasted halved
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 3 cups milk reduced-fat 2 percent
- ☐ 4 scallions trimmed cut into 2-inch pieces
- ☐ 0.7 cup cheddar shredded extra-sharp divided

☐ 0.5 cup sundried tomatoes not sliced in oil 14

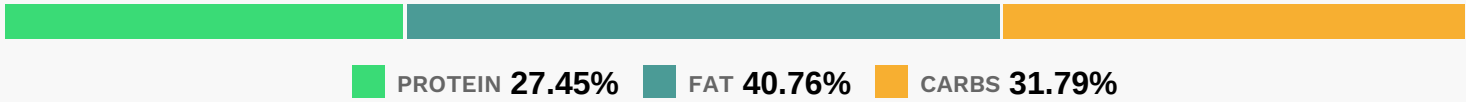
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ casserole dish

Directions

- ☐ Lightly mist a round 2-quart casserole dish with cooking spray. Alternately place the ham and muffins in the dish to make a shingled pattern.
- ☐ Sprinkle the sundried tomatoes, scallions and 1/3 cup cheddar over the casserole.
- ☐ In a large bowl, whisk the eggs, egg whites, milk, and mustard; season with salt and pepper.
- ☐ Pour the custard filling over the casserole and sprinkle with the remaining 1/3 cup cheese. Cover the casserole with plastic wrap; refrigerate at least 5 hours and up to overnight.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Place the casserole on a large rimmed baking sheet; bake until golden around edges and just set, about 1 hour.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:1.07, Inflammation Score:-5, Nutrition Score:16.199565161829%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 255.43kcal (12.77%), Fat: 11.8g (18.15%), Saturated Fat: 5.11g (31.92%), Carbohydrates: 20.7g (6.9%), Net Carbohydrates: 17.68g (6.43%), Sugar: 9.75g (10.83%), Cholesterol: 122.68mg (40.89%), Sodium: 544.31mg (23.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.88g (35.75%), Selenium: 32.4µg (46.28%), Manganese: 0.69mg (34.6%), Phosphorus: 330.65mg (33.07%), Vitamin B2: 0.5mg (29.44%), Calcium: 278.16mg (27.82%), Vitamin B1: 0.3mg (20.29%), Potassium: 563mg (16.09%), Vitamin B12: 0.94µg (15.64%), Vitamin K: 16.33µg (15.55%), Zinc: 2.22mg (14.8%), Magnesium: 56.52mg (14.13%), Vitamin B3: 2.7mg (13.52%), Vitamin B5: 1.21mg (12.11%), Fiber: 3.02g (12.07%), Vitamin B6: 0.24mg (11.93%), Iron: 2.12mg (11.76%), Copper: 0.21mg (10.63%), Folate: 41.91µg (10.48%), Vitamin A: 442.84IU (8.86%), Vitamin C: 4.01mg (4.86%), Vitamin D: 0.71µg (4.7%), Vitamin E: 0.59mg (3.96%)