



Cheese-and-Egg Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



244 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 3 cups seasoned croutons
- ☐ 15 large eggs
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 teaspoon coarsely ground pepper
- ☐ 2 cups milk
- ☐ 0.8 teaspoon onion powder
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 6 ounces cheddar cheese shredded

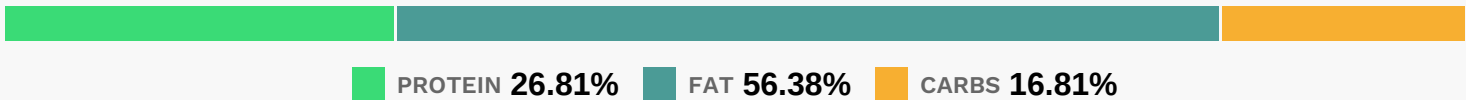
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Place croutons in a 13- x 9-inch pan coated with cooking spray.
- ☐ Whisk together eggs and next 5 ingredients; stir in cheese.
- ☐ Pour over croutons. Cover and chill 8 hours, stirring once.
- ☐ Uncover casserole, and stir.
- ☐ Bake at 350 for 30 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:21.4, Glycemic Load:5.44, Inflammation Score:-4, Nutrition Score:11.975652206203%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 243.75kcal (12.19%), Fat: 15.08g (23.21%), Saturated Fat: 6.66g (41.63%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 9.57g (3.48%), Sugar: 2.7g (3%), Cholesterol: 301.87mg (100.62%), Sodium: 531.82mg (23.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.14g (32.28%), Selenium: 32.18µg (45.97%), Vitamin B2: 0.51mg (30.04%), Phosphorus: 287.19mg (28.72%), Calcium: 231.28mg (23.13%), Vitamin B12: 1.11µg (18.52%), Vitamin B5: 1.45mg (14.46%), Vitamin D: 2.14µg (14.26%), Vitamin A: 681.71IU (13.63%), Folate: 51.46µg (12.87%), Zinc: 1.88mg (12.56%), Iron: 1.74mg (9.69%), Vitamin B6: 0.17mg (8.69%), Vitamin B1: 0.12mg (7.98%), Vitamin E: 0.94mg (6.29%), Potassium: 206.92mg (5.91%), Magnesium: 23.01mg (5.75%), Manganese: 0.1mg (5%), Copper: 0.08mg (3.97%), Vitamin B3: 0.61mg (3.06%), Vitamin K: 2.39µg (2.28%), Fiber: 0.55g (2.19%)