



WHATSheATE



Cheesy Amish Breakfast Casserole



Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



336 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 1 pound bacon diced sliced
- ☐ 1.5 cups curd cottage cheese
- ☐ 9 eggs lightly beaten
- ☐ 4 cups hash brown potatoes shredded frozen thawed
- ☐ 2 cups cheddar cheese shredded
- ☐ 1 onion sweet chopped
- ☐ 1.3 cups swiss cheese shredded

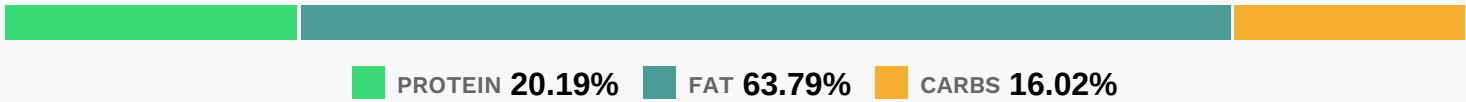
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Heat a large skillet over medium-high heat; cook and stir bacon and onion until bacon is evenly browned, about 10 minutes.
- ☐ Drain.
- ☐ Transfer bacon and onion to a large bowl. Stir in potatoes, eggs, Cheddar cheese, cottage cheese, and Swiss cheese.
- ☐ Pour mixture into prepared baking dish.
- ☐ Bake in preheated oven until eggs are set and cheese is melted, 45 to 50 minutes.
- ☐ Let stand 10 minutes before cutting and serving.

Nutrition Facts



Properties

Glycemic Index:7.47, Glycemic Load:3.17, Inflammation Score:-4, Nutrition Score:10.55521736456%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 335.82kcal (16.79%), Fat: 23.76g (36.56%), Saturated Fat: 9.86g (61.61%), Carbohydrates: 13.43g (4.48%), Net Carbohydrates: 12.44g (4.53%), Sugar: 1.86g (2.07%), Cholesterol: 145.44mg (48.48%), Sodium: 438.13mg (19.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.92g (33.84%), Selenium: 23.63µg (33.75%), Phosphorus: 284.69mg (28.47%), Calcium: 231.69mg (23.17%), Vitamin B2: 0.29mg (16.94%), Vitamin B12: 0.91µg (15.25%), Zinc: 1.88mg (12.54%), Vitamin B6: 0.23mg (11.49%), Vitamin B1: 0.17mg (11.26%), Vitamin B3: 2.23mg

(11.16%), Vitamin B5: 1mg (10.02%), Potassium: 323.66mg (9.25%), Vitamin A: 411.28IU (8.23%), Iron: 1.24mg (6.91%), Vitamin C: 5.65mg (6.85%), Folate: 26.41µg (6.6%), Magnesium: 23.79mg (5.95%), Copper: 0.12mg (5.76%), Manganese: 0.11mg (5.58%), Vitamin D: 0.76µg (5.08%), Vitamin E: 0.6mg (3.98%), Fiber: 0.98g (3.93%)