



Cheesy Bacon and Egg Brunch Casserole

READY IN



75 min.

SERVINGS



12

CALORIES



443 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 8 slices bacon
- ☐ 1 cup curd cottage cheese
- ☐ 5 eggs
- ☐ 0.5 teaspoon ground mustard mccormick®
- ☐ 0.5 teaspoon ground nutmeg mccormick®
- ☐ 0.3 teaspoon ground pepper black mccormick®
- ☐ 1 loaf bread italian cut into 1-inch cubes
- ☐ 1.5 cups milk
- ☐ 1 medium onion chopped

- ☐ 2 cups cheddar cheese shredded
- ☐ 1 cup mozzarella cheese shredded

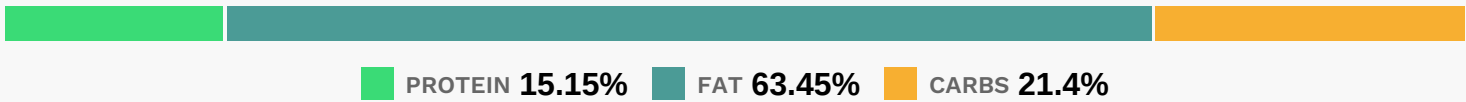
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F. Cook bacon in large skillet until crisp. Reserve 2 tablespoons of the drippings.
- ☐ Drain bacon on paper towels; crumble and set aside.
- ☐ Add onion to drippings in skillet; cook and stir 3 minutes or until softened.
- ☐ Spread 1/2 of the bread cubes in 13x9-inch baking dish.
- ☐ Layer with 1/2 each of the onion, bacon, Cheddar cheese and mozzarella cheese.
- ☐ Spread evenly with cottage cheese. Top with remaining bread cubes, onion, bacon, Cheddar cheese and mozzarella cheese.
- ☐ Beat eggs in medium bowl until foamy.
- ☐ Add milk, mustard, nutmeg and pepper; beat until well blended.
- ☐ Pour evenly over top. Press bread cubes lightly into egg mixture until completely covered.
- ☐ Let stand 10 minutes.
- ☐ Bake 40 to 50 minutes or until center is set and top is golden brown.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:1.09, Inflammation Score:-4, Nutrition Score:9.2708696204683%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 442.94kcal (22.15%), Fat: 31.18g (47.97%), Saturated Fat: 15.51g (96.95%), Carbohydrates: 23.65g (7.88%), Net Carbohydrates: 22.14g (8.05%), Sugar: 14.24g (15.83%), Cholesterol: 110.72mg (36.91%), Sodium: 511.98mg (22.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.75g (33.5%), Selenium: 17.99µg (25.7%), Phosphorus: 252.91mg (25.29%), Calcium: 245.99mg (24.6%), Vitamin B2: 0.31mg (18.38%), Vitamin B12: 0.89µg (14.81%), Vitamin B3: 2.39mg (11.94%), Zinc: 1.67mg (11.11%), Folate: 41.05µg (10.26%), Vitamin B1: 0.14mg (9.06%), Vitamin A: 430.66IU (8.61%), Iron: 1.29mg (7.17%), Vitamin B5: 0.68mg (6.77%), Potassium: 236.65mg (6.76%), Vitamin B6: 0.12mg (6.24%), Vitamin D: 0.93µg (6.19%), Fiber: 1.52g (6.06%), Magnesium: 23.84mg (5.96%), Vitamin E: 0.45mg (3%), Copper: 0.04mg (1.88%), Manganese: 0.03mg (1.73%)