



Cheesy Bacon-and-Ham Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



555 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound bacon
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup butter
- ☐ 16 ounce pasteurized cheese product cubed prepared
- ☐ 0.5 pound ham cooked chopped
- ☐ 6 large eggs lightly beaten
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon pepper freshly ground

☐ 0.8 cup quick-cooking grits

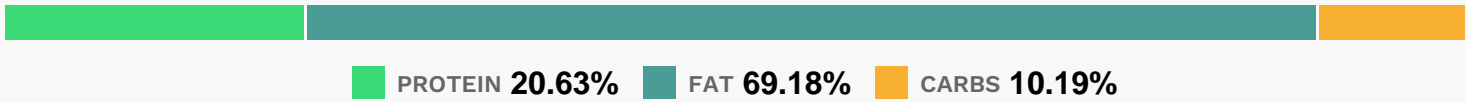
Equipment

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

Directions

- ☐ Cook bacon in a large skillet until crisp; remove bacon, and drain on paper towels, reserving 1 tablespoon drippings in skillet. Crumble bacon, and set aside.
- ☐ Cook ham in reserved drippings in skillet over medium heat until browned.
- ☐ Cook grits according to package directions.
- ☐ Remove from heat; stir in cheese and butter until melted. Stir in bacon, ham, eggs, and remaining ingredients.
- ☐ Pour into a lightly greased 13- x 9-inch baking dish.
- ☐ Bake at 350 for 45 minutes or until set.
- ☐ NOTE: Casserole may be prepared a day ahead; cover and chill.
- ☐ Remove from refrigerator the following day, and let stand at room temperature 30 minutes.
- ☐ Bake as directed.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:17.807391399923%

Nutrients (% of daily need)

Calories: 554.56kcal (27.73%), Fat: 42.65g (65.61%), Saturated Fat: 17.82g (111.36%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 13.43g (4.88%), Sugar: 1.2g (1.33%), Cholesterol: 237.43mg (79.14%), Sodium: 1118.16mg (48.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.62g (57.23%), Selenium: 39.17µg (55.95%),

Phosphorus: 519.71mg (51.97%), Calcium: 505.73mg (50.57%), Vitamin B2: 0.58mg (34.21%), Vitamin B12: 1.57µg (26.09%), Zinc: 3.72mg (24.82%), Vitamin B1: 0.35mg (23.32%), Vitamin A: 1060.25IU (21.2%), Vitamin B6: 0.3mg (14.93%), Vitamin B3: 2.89mg (14.46%), Vitamin B5: 1.32mg (13.21%), Folate: 51.84µg (12.96%), Magnesium: 38.49mg (9.62%), Iron: 1.71mg (9.53%), Vitamin D: 1.37µg (9.14%), Vitamin C: 6.62mg (8.02%), Potassium: 279.18mg (7.98%), Vitamin E: 1.17mg (7.8%), Copper: 0.11mg (5.36%), Manganese: 0.08mg (3.99%), Fiber: 0.7g (2.8%), Vitamin K: 1.72µg (1.64%)