



Cheesy Bacon Egg Brunch Casserole

READY IN



75 min.

SERVINGS



12

CALORIES



337 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

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

PROTEIN 18.08% **FAT 65.52%** **CARBS 16.4%**

Properties

Glycemic Index:23.33, Glycemic Load:1.09, Inflammation Score:-3, Nutrition Score:8.4804347157478%

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: 337.46kcal (16.87%), Fat: 24.5g (37.7%), Saturated Fat: 11.89g (74.32%), Carbohydrates: 13.8g (4.6%), Net Carbohydrates: 12.95g (4.71%), Sugar: 8.42g (9.35%), Cholesterol: 110.72mg (36.91%), Sodium: 444.33mg (19.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.21g (30.42%), Selenium: 17.89µg (25.56%), Calcium: 245.9mg (24.59%), Phosphorus: 245.47mg (24.55%), Vitamin B2: 0.3mg (17.38%), Vitamin B12: 0.89µg (14.81%), Zinc: 1.63mg (10.84%), Vitamin A: 430.78IU (8.62%), Vitamin B3: 1.54mg (7.68%), Vitamin B1: 0.11mg (7.29%), Folate: 29.06µg (7.26%), Vitamin B5: 0.68mg (6.77%), Vitamin B6: 0.12mg (6.23%), Vitamin D: 0.93µg (6.19%), Potassium: 195.44mg (5.58%), Magnesium: 20.42mg (5.11%), Iron: 0.89mg (4.95%), Fiber: 0.85g (3.42%), Vitamin E: 0.45mg (2.98%), Copper: 0.04mg (1.86%), Manganese: 0.03mg (1.67%)