



## Cheesy Broccoli Egg Bake for a Brunch Crowd

READY IN



90 min.

SERVINGS



30

CALORIES



134 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1.5 cups broccoli florets fresh
- 8 eggs
- 0.3 cup butter melted ( )
- 3 cups milk
- 0.5 cup bell pepper red divided chopped
- 3 cups sharp cheddar cheese shredded divided kraft
- 18 slices bread white divided cubed ( 20-oz. loaf)

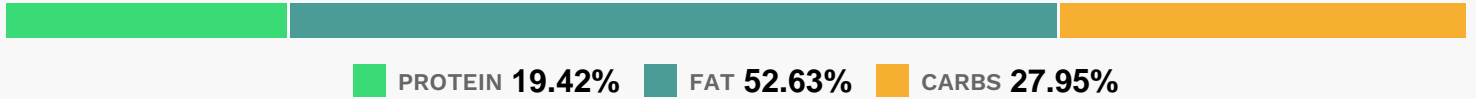
### Equipment

- bowl
- oven
- whisk
- baking pan

## Directions

- Preheat oven to 350F.
- Layer half each of the bread, red pepper and cheese in greased 13x9-inch baking dish.
- Sprinkle with all of the broccoli. Repeat layers of bread, red pepper and cheese.
- Beat eggs with wire whisk in large bowl.
- Add milk and margarine; beat until well blended.
- Pour evenly over ingredients in baking dish.
- Bake 50 minutes to 1 hour or until center is set.
- Let stand 5 to 10 minutes before cutting to serve.

## Nutrition Facts



## Properties

Glycemic Index:6.79, Glycemic Load:5.86, Inflammation Score:-4, Nutrition Score:6.0004347355469%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 133.82kcal (6.69%), Fat: 7.82g (12.04%), Saturated Fat: 3.44g (21.48%), Carbohydrates: 9.35g (3.12%), Net Carbohydrates: 8.83g (3.21%), Sugar: 2.24g (2.49%), Cholesterol: 57.88mg (19.29%), Sodium: 190.82mg (8.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.5g (12.99%), Selenium: 10.86µg (15.51%), Calcium: 151mg (15.1%), Phosphorus: 120.66mg (12.07%), Vitamin B2: 0.18mg (10.66%), Vitamin C: 7.24mg (8.78%), Vitamin A: 390.03IU (7.8%), Folate: 28.57µg (7.14%), Vitamin B1: 0.1mg (6.83%), Vitamin B12: 0.36µg (5.96%), Zinc: 0.82mg (5.49%), Manganese: 0.11mg (5.33%), Vitamin K: 5.17µg (4.93%), Vitamin B5: 0.43mg (4.33%), Iron: 0.77mg (4.29%),

Vitamin B3: 0.81mg (4.04%), Vitamin D: 0.57µg (3.81%), Vitamin B6: 0.07mg (3.59%), Magnesium: 12.75mg (3.19%), Potassium: 99.46mg (2.84%), Vitamin E: 0.39mg (2.58%), Fiber: 0.52g (2.06%), Copper: 0.03mg (1.68%)