



Christmas Morning Egg Casserole

READY IN



560 min.

SERVINGS



8

CALORIES



343 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 0.5 pound processed cheese food cubed
- 7 slices bread
- 2 tablespoons butter or as needed
- 2 cups ham diced cooked
- 0.8 teaspoon mustard dry
- 6 eggs beaten
- 3 cups milk
- 0.8 teaspoon salt

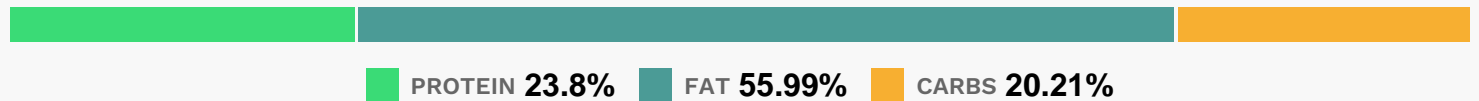
Equipment

- bowl
- oven
- whisk
- casserole dish
- aluminum foil

Directions

- Spray a 9x13-inch casserole dish with cooking spray.
- Spread ham into the bottom of prepared casserole dish. Butter one side of each bread slice; cut slices into cubes. Arrange buttered bread cubes atop ham; layer American cheese over bread cubes.
- Whisk milk, eggs, mustard powder, and salt together in a bowl; pour over American cheese layer. Cover dish with aluminum foil and refrigerate 8 hours or overnight.
- Preheat oven to 350 degrees F (175 degrees C).
- Remove aluminum foil from casserole.
- Bake in the preheated oven until cheese is melted and eggs are set in the middle, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:21.71, Glycemic Load:8.16, Inflammation Score:-5, Nutrition Score:16.234347737354%

Nutrients (% of daily need)

Calories: 342.54kcal (17.13%), Fat: 21.25g (32.69%), Saturated Fat: 10.31g (64.42%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 16.25g (5.91%), Sugar: 6.58g (7.31%), Cholesterol: 190.24mg (63.41%), Sodium: 1238.07mg (53.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.32g (40.64%), Calcium: 461.07mg (46.11%), Phosphorus: 455.96mg (45.6%), Selenium: 30.67µg (43.82%), Vitamin B2: 0.47mg (27.89%), Vitamin B12: 1.62µg (26.96%), Vitamin B1: 0.32mg (21.39%), Manganese: 0.34mg (16.75%), Zinc: 2.41mg (16.04%), Vitamin B5: 1.41mg

(14.14%), Vitamin A: 682.35IU (13.65%), Vitamin B3: 2.53mg (12.63%), Vitamin D: 1.84µg (12.24%), Vitamin B6: 0.23mg (11.38%), Iron: 1.9mg (10.54%), Folate: 39.86µg (9.96%), Magnesium: 39.06mg (9.76%), Potassium: 336.41mg (9.61%), Vitamin C: 6.64mg (8.05%), Copper: 0.11mg (5.38%), Vitamin E: 0.76mg (5.04%), Fiber: 1g (4.01%), Vitamin K: 2.57µg (2.44%)