



Christmas Morning Egg Casserole

READY IN



560 min.

SERVINGS



8

CALORIES



317 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

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

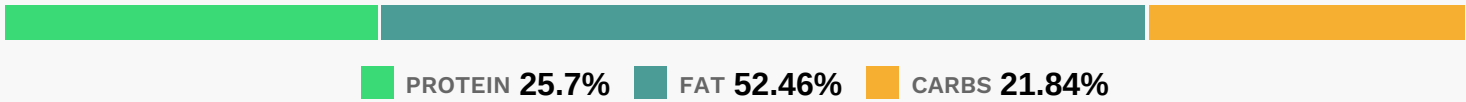
Equipment

- ☐ 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:15.46, Glycemic Load:8.16, Inflammation Score:-5, Nutrition Score:16.100869593413%

Nutrients (% of daily need)

Calories: 317.44kcal (15.87%), Fat: 18.41g (28.32%), Saturated Fat: 8.51g (53.18%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 16.25g (5.91%), Sugar: 6.58g (7.31%), Cholesterol: 182.71mg (60.9%), Sodium: 1215.56mg (52.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.29g (40.58%), Calcium: 460.23mg (46.02%), Phosphorus: 455.12mg (45.51%), Selenium: 30.64µg (43.77%), Vitamin B2: 0.47mg (27.82%), Vitamin B12: 1.61µg (26.86%), Vitamin B1: 0.32mg (21.37%), Manganese: 0.34mg (16.75%), Zinc: 2.4mg (16.02%), Vitamin B5: 1.41mg (14.1%), Vitamin B3: 2.52mg (12.62%), Vitamin D: 1.84µg (12.24%), Vitamin A: 594.88IU (11.9%), Vitamin B6: 0.23mg (11.37%), Iron: 1.9mg (10.54%), Folate: 39.75µg (9.94%), Magnesium: 38.99mg (9.75%), Potassium: 335.57mg (9.59%), Vitamin C: 6.64mg (8.05%), Copper: 0.11mg (5.38%), Vitamin E: 0.68mg (4.5%), Fiber: 1g (4.01%), Vitamin

K: 2.32μg (2.21%)