



Country House Bed and Breakfast Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



310 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup ham cubed cooked
- ☐ 0.5 cup croutons
- ☐ 1 teaspoon mustard dry
- ☐ 4 eggs
- ☐ 0.8 cup milk
- ☐ 0.5 cup cheddar cheese shredded

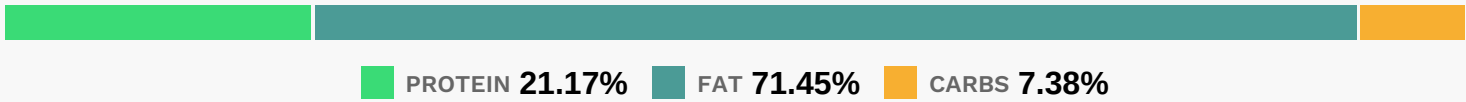
Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ casserole dish
- ☐ glass baking pan

Directions

- ☐ Melt butter in an 8x8 inch glass baking dish or small casserole dish.
- ☐ Add croutons and toss to coat.
- ☐ Sprinkle cheese on top of croutons. In a large bowl, beat together eggs, milk and dry mustard.
- ☐ Pour egg mixture over croutons and cheese.
- ☐ Sprinkle on cubed ham. Cover with plastic wrap, and refrigerate overnight.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Let casserole stand at room temperature while oven heats.
- ☐ Bake in preheated oven for 40 minutes, until eggs are set.
- ☐ Let sit for 5 minutes before cutting. Can also be frozen and microwaved later.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:2.76, Inflammation Score:-5, Nutrition Score:11.453478263772%

Nutrients (% of daily need)

Calories: 309.62kcal (15.48%), Fat: 24.54g (37.75%), Saturated Fat: 12.78g (79.87%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 5.45g (1.98%), Sugar: 2.45g (2.72%), Cholesterol: 234.42mg (78.14%), Sodium: 616mg (26.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.36g (32.71%), Selenium: 26.56µg (37.94%), Phosphorus: 292.37mg (29.24%), Vitamin B2: 0.41mg (24.12%), Vitamin B12: 1.21µg (20.18%), Calcium: 190.06mg (19.01%), Vitamin A: 807.95IU (16.16%), Vitamin B1: 0.23mg (15.01%), Zinc: 1.98mg (13.2%), Vitamin B5: 1.19mg (11.86%), Vitamin D: 1.47µg (9.79%), Vitamin B6: 0.19mg (9.41%), Vitamin C: 6.62mg (8.02%), Folate: 30.68µg (7.67%), Iron: 1.23mg (6.86%), Vitamin B3: 1.33mg (6.63%), Potassium: 231.35mg (6.61%), Vitamin E: 0.95mg (6.3%), Magnesium: 23.81mg (5.95%), Copper: 0.08mg (3.92%), Manganese: 0.06mg (2.99%), Vitamin K: 1.63µg (1.55%), Fiber: 0.25g (1.01%)