



Croissant and Salmon Breakfast Casserole

READY IN



75 min.

SERVINGS



15

CALORIES



258 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 6 croissants split
- ☐ 12 eggs
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 green onions thinly sliced
- ☐ 0.5 cup milk
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 15 servings freshly cracked pepper black to taste

- ☐ 1 teaspoon salt
- ☐ 1 cup mozzarella cheese shredded
- ☐ 4 ounces salmon smoked chopped
- ☐ 1 cup swiss cheese shredded
- ☐ 0.5 onion white chopped

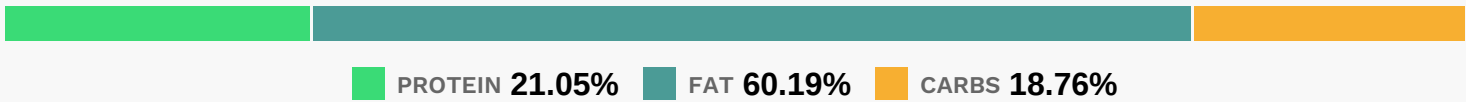
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Melt butter in a large skillet over medium heat, and cook and stir the onion and garlic until onion is translucent, about 5 minutes.
- ☐ Remove from heat. In a bowl, beat the eggs with the milk until frothy and thoroughly blended.
- ☐ Place the torn pieces of croissant bottom into a 9x13-inch nonstick baking dish in an even layer. Top the croissant pieces with the cooked onions and garlic in a layer, followed by layers of green onions, smoked salmon, Monterey Jack cheese, Swiss cheese, mozzarella cheese, and dill.
- ☐ Pour the egg mixture evenly over the casserole, and sprinkle with salt and black pepper. Arrange the tops of the croissants over the casserole, pressing them down into the egg mixture to moisten.
- ☐ Bake the casserole in the preheated oven until the croissant tops are browned and the eggs are set, about 50 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:24.8, Glycemic Load:6.98, Inflammation Score:-4, Nutrition Score:9.7895652703617%

Flavonoids

Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 258.35kcal (12.92%), Fat: 17.19g (26.44%), Saturated Fat: 9.17g (57.28%), Carbohydrates: 12.06g (4.02%), Net Carbohydrates: 11.32g (4.12%), Sugar: 3.41g (3.79%), Cholesterol: 174.25mg (58.08%), Sodium: 478.79mg (20.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.53g (27.06%), Selenium: 23.23µg (33.19%), Phosphorus: 218.59mg (21.86%), Calcium: 201.01mg (20.1%), Vitamin B2: 0.31mg (18.29%), Vitamin B12: 1.1µg (18.25%), Vitamin D: 2.16µg (14.41%), Vitamin A: 638.33IU (12.77%), Folate: 41.2µg (10.3%), Zinc: 1.46mg (9.75%), Vitamin B5: 0.9mg (9.02%), Vitamin B1: 0.12mg (7.78%), Iron: 1.29mg (7.18%), Vitamin B6: 0.12mg (6.18%), Manganese: 0.12mg (5.9%), Vitamin E: 0.82mg (5.47%), Vitamin B3: 0.93mg (4.64%), Vitamin K: 4.7µg (4.48%), Magnesium: 17.16mg (4.29%), Potassium: 131.6mg (3.76%), Copper: 0.07mg (3.66%), Fiber: 0.73g (2.93%)