



Crowd-Servin' Cheesy Omelet Bake

READY IN



255 min.

SERVINGS



15

CALORIES



163 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 10 oz broccoli frozen thawed drained chopped
- 6 eggs
- 2 cups oscar mayer baked ham cooked chopped
- 8 singles kraft
- 3 cups milk
- 1 small onion coarsely chopped
- 0.3 tsp pepper
- 12 slices bread white firm

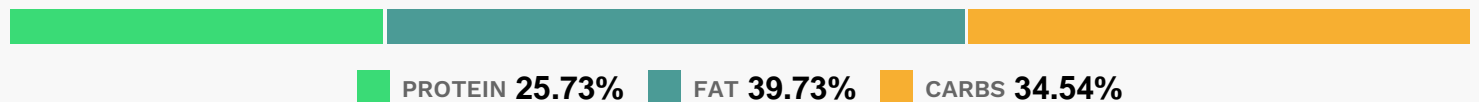
Equipment

- bowl
- oven
- knife
- whisk
- baking pan

Directions

- Spray 13x9-inch baking dish with cooking spray; cover bottom with 6 bread slices. Top with layers of half each of the ham, broccoli, onions and Singles pieces. Cover with remaining bread slices. Repeat layers of ham, broccoli and onions.
- Beat eggs and pepper in medium bowl with whisk until blended. Gradually beat in milk; pour over ingredients in baking dish. Cover. Refrigerate 3 hours.
- Heat oven to 350F.
- Bake, uncovered, 45 min. Top with remaining Singles pieces; bake 15 min. or until knife inserted in center comes out clean.
- Let stand 10 min. before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:13.59, Glycemic Load:8.22, Inflammation Score:-4, Nutrition Score:10.016086951546%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 162.97kcal (8.15%), Fat: 7.16g (11.02%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 12.98g (4.72%), Sugar: 4.04g (4.48%), Cholesterol: 82.99mg (27.66%), Sodium: 373.86mg (16.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.44g (20.88%), Selenium: 15.71µg (22.44%), Vitamin C: 17.2mg (20.85%), Vitamin K: 19.59µg (18.66%), Vitamin B1: 0.26mg (17.57%), Phosphorus: 165.49mg (16.55%), Vitamin B2: 0.26mg (15.41%), Calcium: 127.29mg (12.73%), Folate: 43.83µg (10.96%), Vitamin B3: 1.98mg (9.88%), Vitamin B6: 0.19mg (9.39%), Vitamin B12: 0.54µg (8.99%), Manganese: 0.18mg (8.89%), Vitamin B5: 0.76mg (7.59%), Zinc: 1.14mg (7.57%), Iron: 1.29mg (7.19%), Potassium: 242.51mg (6.93%), Vitamin D: 1.02µg (6.8%), Vitamin A: 303.87IU (6.08%), Magnesium: 21.41mg (5.35%), Fiber: 1.04g (4.16%), Copper: 0.06mg (3.25%), Vitamin E: 0.47mg (3.13%)