



Crunchy Breakfast Bake

READY IN



45 min.

SERVINGS



12

CALORIES



177 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 2 cups finely-chopped ham cooked chopped
- 1 cup bell pepper green chopped
- 2 tablespoons dehydrated onion dried chopped
- 4 ounces mushroom stems and pieces drained canned
- 5 cups corn flakes/bran flakes (any variety)
- 4 oz cheddar cheese shredded
- 2 cups milk
- 4 eggs
- 1 cup frangelico

Equipment

- bowl
- frying pan
- oven
- knife
- baking pan
- glass baking pan

Directions

- Heat oven to 375°F. Grease 13x9-inch (3-quart) glass baking dish or spray with cooking spray. In 10-inch nonstick skillet, cook ham, bell pepper, onion and mushrooms 3 minutes, stirring frequently.
- Spread 3 cups of the cereal in baking dish.
- Sprinkle with ham mixture; top with cheese. In medium bowl, stir Bisquick® mix, milk and eggs with fork until well blended.
- Pour evenly over cheese.
- Sprinkle with remaining cereal.
- Bake uncovered 25 to 30 minutes or until knife inserted in center comes out clean.

Nutrition Facts



PROTEIN 23.57% **FAT 38.24%** **CARBS 38.19%**

Properties

Glycemic Index:12.27, Glycemic Load:8.31, Inflammation Score:-7, Nutrition Score:16.70652163547%

Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 177.34kcal (8.87%), Fat: 7.87g (12.11%), Saturated Fat: 3.46g (21.64%), Carbohydrates: 17.68g (5.89%), Net Carbohydrates: 14.27g (5.19%), Sugar: 5.9g (6.56%), Cholesterol: 83.02mg (27.67%), Sodium: 437.43mg (19.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.83%), Manganese: 0.64mg (31.85%), Folate: 123.23µg (30.81%), Selenium: 20.47µg (29.24%), Iron: 5.15mg (28.63%), Vitamin B2: 0.45mg (26.31%), Vitamin B12: 1.55µg (25.82%), Phosphorus: 248.23mg (24.82%), Vitamin B1: 0.36mg (23.94%), Vitamin B6: 0.43mg (21.45%), Vitamin C: 15mg (18.18%), Vitamin B3: 3.58mg (17.89%), Calcium: 144.54mg (14.45%), Vitamin A: 702.53IU (14.05%), Fiber: 3.41g (13.65%), Magnesium: 53.32mg (13.33%), Zinc: 1.99mg (13.25%), Potassium: 324.96mg (9.28%), Vitamin D: 1.35µg (8.98%), Vitamin B5: 0.75mg (7.48%), Copper: 0.13mg (6.53%), Vitamin E: 0.42mg (2.81%), Vitamin K: 1.58µg (1.5%)