



WHATSheATE



Crunchy Breakfast Bake

READY IN



45 min.

SERVINGS



12

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

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

☐ 1 cup frangelico

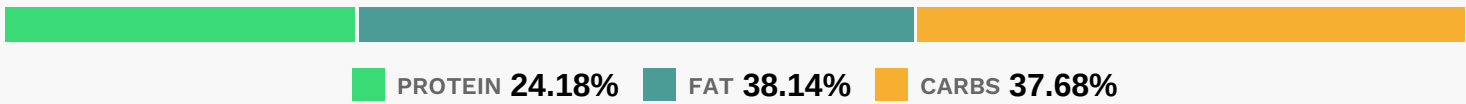
Equipment

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

Directions

- ☐ Heat oven to 375F. 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



Properties

Glycemic Index:14.94, Glycemic Load:8.38, Inflammation Score:-7, Nutrition Score:17.154782440351%

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: 174.13kcal (8.71%), Fat: 7.75g (11.93%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 13.8g (5.02%), Sugar: 5.94g (6.6%), Cholesterol: 82.64mg (27.55%), Sodium: 406.63mg (17.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.06g (22.11%), Manganese: 0.64mg (32.07%), Folate: 124.84µg (31.21%), Selenium: 21.35µg (30.5%), Iron: 5.2mg (28.89%), Vitamin B2: 0.49mg (28.55%), Vitamin B12: 1.55µg (25.88%), Phosphorus: 256.36mg (25.64%), Vitamin B1: 0.37mg (24.45%), Vitamin B6: 0.44mg (21.94%), Vitamin B3: 3.92mg (19.6%), Vitamin C: 15.19mg (18.42%), Vitamin A: 702.53IU (14.05%), Fiber: 3.43g (13.73%), Calcium: 137.17mg (13.72%), Zinc: 2.04mg (13.58%), Magnesium: 54.17mg (13.54%), Vitamin D: 1.37µg (9.11%), Vitamin B5: 0.89mg (8.9%), Potassium: 295.57mg (8.44%), Copper: 0.16mg (8.03%), Vitamin E: 0.42mg (2.81%), Vitamin K: 1.58µg (1.5%)