



Do-Ahead Breakfast Bake

 Gluten Free

READY IN



545 min.

SERVINGS



12

CALORIES



177 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 6 oz finely-chopped ham diced fully cooked
- 9.2 oz potatoes
- 1 cup bell pepper green chopped
- 1 tablespoon dehydrated onion dried chopped
- 8 oz cheddar cheese shredded
- 3 cups milk
- 0.5 teaspoon pepper
- 4 eggs

1 cup frangelico

Equipment

bowl

oven

knife

baking pan

glass baking pan

Directions

Spray 13x9-inch (3-quart) glass baking dish with cooking spray.

Layer ham, potatoes (from potato boxes), bell pepper, onion and 1 cup of the cheese in baking dish. In large bowl, stir Bisquick mix, milk, sauce mix (from potato boxes), pepper and eggs until blended.

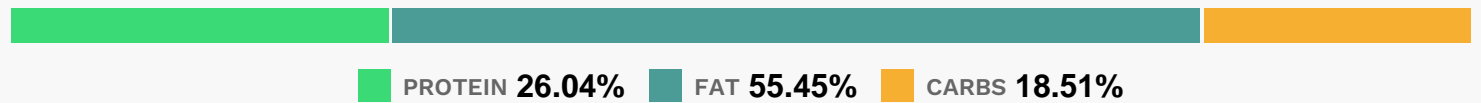
Pour into baking dish; sprinkle with remaining 1 cup cheese. Cover; refrigerate at least 8 hours, but no longer than 24 hours.

Heat oven to 375°F.

Bake 40 to 45 minutes or until brown on top and knife inserted in center comes out clean.

Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:15.9, Glycemic Load:4.03, Inflammation Score:-4, Nutrition Score:9.2521739213363%

Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 176.69kcal (8.83%), Fat: 10.9g (16.77%), Saturated Fat: 5.48g (34.24%), Carbohydrates: 8.19g (2.73%), Net Carbohydrates: 7.44g (2.71%), Sugar: 3.67g (4.08%), Cholesterol: 91.13mg (30.38%), Sodium: 333.11mg (14.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.51g (23.03%), Phosphorus: 234.87mg (23.49%), Calcium: 223mg (22.3%), Vitamin C: 17.88mg (21.67%), Selenium: 13.91µg (19.87%), Vitamin B2: 0.28mg (16.43%), Vitamin B12: 0.86µg (14.34%), Vitamin B6: 0.21mg (10.52%), Zinc: 1.54mg (10.25%), Vitamin B1: 0.15mg (9.82%), Vitamin A: 414.3IU (8.29%), Potassium: 287.22mg (8.21%), Vitamin B5: 0.74mg (7.38%), Vitamin D: 1.08µg (7.18%), Magnesium: 23.93mg (5.98%), Vitamin B3: 0.88mg (4.41%), Folate: 16.71µg (4.18%), Manganese: 0.08mg (4%), Iron: 0.63mg (3.52%), Copper: 0.07mg (3.4%), Fiber: 0.75g (2.99%), Vitamin E: 0.38mg (2.51%), Vitamin K: 2.16µg (2.06%)