



## Do-Ahead Breakfast Bake

 Gluten Free

READY IN



295 min.

SERVINGS



12

CALORIES



160 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

## Ingredients

- 6 oz finely-chopped ham diced fully cooked
- 1 tablespoon dehydrated onion dried chopped
- 4 eggs
- 1 cup bell pepper green chopped
- 2 boxes hash browns betty seasoned skilletts®
- 3 cups milk
- 0.5 teaspoon pepper
- 8 oz cheddar cheese shredded

1 cup frangelico

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## Equipment

bowl

oven

baking pan

glass baking pan

## Directions

Grease 13x9-inch (3-quart) glass baking dish with shortening or cooking spray.

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

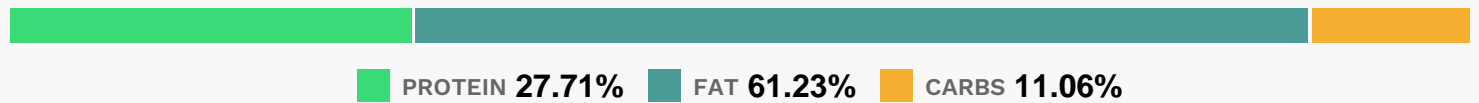
Pour into baking dish; sprinkle with remaining 1 cup cheese. Cover; refrigerate at least 4 hours but no longer than 24 hours.

Heat oven to 375F.

Bake uncovered 30 to 35 minutes or until light golden brown around edges and cheese is melted.

Let stand 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:1.26, Inflammation Score:-4, Nutrition Score:8.1878261462502%

## 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: 160.09kcal (8%), Fat: 10.88g (16.74%), Saturated Fat: 5.47g (34.2%), Carbohydrates: 4.42g (1.47%), Net Carbohydrates: 4.15g (1.51%), Sugar: 3.51g (3.89%), Cholesterol: 91.13mg (30.38%), Sodium: 331.84mg (14.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.08g (22.16%), Phosphorus: 222.56mg (22.26%), Calcium: 220.41mg (22.04%), Selenium: 13.84µg (19.77%), Vitamin C: 13.61mg (16.5%), Vitamin B2: 0.27mg (16.02%), Vitamin B12: 0.86µg (14.34%), Zinc: 1.47mg (9.83%), Vitamin B1: 0.13mg (8.67%), Vitamin A: 413.87IU (8.28%), Vitamin B6: 0.15mg (7.32%), Vitamin D: 1.08µg (7.18%), Vitamin B5: 0.67mg (6.74%), Potassium: 196.19mg (5.61%), Magnesium: 18.95mg (4.74%), Folate: 13.24µg (3.31%), Vitamin B3: 0.66mg (3.28%), Iron: 0.47mg (2.59%), Vitamin E: 0.37mg (2.49%), Manganese: 0.05mg (2.35%), Copper: 0.04mg (2.24%), Vitamin K: 1.75µg (1.67%), Fiber: 0.27g (1.09%)