



Don't Forget the Bacon Breakfast Casserole

READY IN



55 min.

SERVINGS



55

CALORIES



36 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 2.5 oz oscar mayer bacon fully cooked chopped
- 3 cups sourdough bread cubes
- 1 tsp chili powder
- 1 cup breakstone's cottage cheese
- 0.3 tsp cumin
- 12 oz egg substitute
- 1 cup milk fat-free
- 0.3 tsp cilantro leaves fresh chopped

- 0.3 tsp ground pepper black
- 8 oz cheddar jack cheese shredded mexican style kraft finely (w/o spices)
- 12 oz roasted peppers red rinsed chopped

Equipment

- food processor
- frying pan
- oven
- baking pan

Directions

- SPRAY an 11 x 9-inch baking pan with nonstick cooking spray.
- Place sour dough bread cubes into pan, and then an even layer of the roasted red peppers.
- Sprinkle the cheese over the peppers, and then half of the chopped bacon.
- PROCESS the cottage cheese until smooth in a food processor. Briefly blend in the egg substitute, followed by the milk, chili powder and cumin.
- Pour over ingredients in baking pan.
- Sprinkle with remaining bacon, cilantro and black pepper. Cover and refrigerate 4-5 hours or overnight.
- PREHEAT oven to 375 degrees.
- Bake, uncovered, 40-45 minutes and top is golden brown.

Nutrition Facts



Properties

Glycemic Index:4.3, Glycemic Load:0.75, Inflammation Score:-1, Nutrition Score:1.960434799609%

Nutrients (% of daily need)

Calories: 35.89kcal (1.79%), Fat: 2.15g (3.3%), Saturated Fat: 1.04g (6.52%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.53g (0.56%), Sugar: 0.54g (0.6%), Cholesterol: 5.76mg (1.92%), Sodium: 156.36mg (6.8%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Selenium: 4.91µg (7.01%), Calcium: 46.4mg (4.64%), Phosphorus: 39.08mg (3.91%), Vitamin B2: 0.06mg (3.77%), Vitamin C: 2.91mg (3.53%), Vitamin A: 117.06IU (2.34%), Zinc: 0.29mg (1.95%), Vitamin B1: 0.03mg (1.89%), Vitamin B12: 0.11µg (1.89%), Vitamin B5: 0.17mg (1.72%), Vitamin B6: 0.03mg (1.63%), Iron: 0.26mg (1.45%), Folate: 5.29µg (1.32%), Vitamin D: 0.18µg (1.21%), Potassium: 42.37mg (1.21%), Magnesium: 4.33mg (1.08%), Manganese: 0.02mg (1.07%), Vitamin E: 0.16mg (1.07%)