



## Easter Breakfast Casserole

 Gluten Free

READY IN



100 min.

SERVINGS



12

CALORIES



372 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 1 pound bacon
- 8 eggs
- 0.3 cup bell pepper diced green
- 16 ounce hash brown potatoes frozen thawed
- 2 cups milk
- 0.3 cup onion diced
- 3 cups cheddar cheese shredded

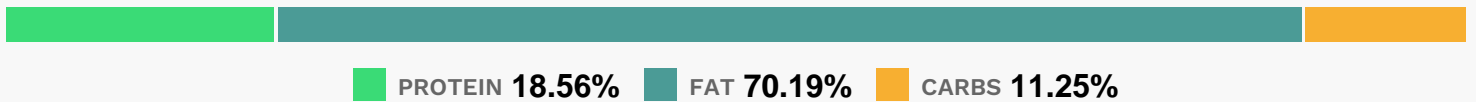
### Equipment

- bowl
- frying pan
- paper towels
- oven
- casserole dish
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 7x11 inch casserole dish.
- Fry the bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes.
- Drain on a paper towel-lined plate. Crumble.
- In a large bowl beat together eggs and milk.
- Mix in cheese, bacon, onion and green pepper. Stir in the thawed hash browns.
- Pour mixture into prepared casserole.
- Cover with aluminum foil and bake in preheated oven for 45 minutes. Uncover and bake for another 30 minutes until eggs have set.

## Nutrition Facts



## Properties

Glycemic Index:11.08, Glycemic Load:2.9, Inflammation Score:-4, Nutrition Score:11.379130379013%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 372.18kcal (18.61%), Fat: 28.94g (44.53%), Saturated Fat: 12.19g (76.18%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 9.8g (3.56%), Sugar: 2.37g (2.64%), Cholesterol: 167.2mg (55.73%), Sodium: 500.64mg (21.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.22g (34.45%), Selenium: 25.5µg (36.43%),

Phosphorus: 302.32mg (30.23%), Calcium: 272.92mg (27.29%), Vitamin B2: 0.35mg (20.73%), Vitamin B12: 0.97µg (16.15%), Zinc: 2.12mg (14.11%), Vitamin B1: 0.19mg (12.47%), Vitamin B6: 0.24mg (11.93%), Vitamin B3: 2.25mg (11.24%), Vitamin A: 532.88IU (10.66%), Vitamin B5: 1.06mg (10.57%), Vitamin D: 1.35µg (9.03%), Potassium: 316.1mg (9.03%), Vitamin C: 5.84mg (7.08%), Magnesium: 25.37mg (6.34%), Iron: 1.1mg (6.12%), Folate: 22.17µg (5.54%), Vitamin E: 0.71mg (4.77%), Copper: 0.09mg (4.37%), Manganese: 0.08mg (4%), Fiber: 0.64g (2.55%), Vitamin K: 1.13µg (1.08%)