



Easter Brunch Casserole

 Gluten Free

READY IN



760 min.

SERVINGS



15

CALORIES



465 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 1 pound bacon
- ☐ 0.3 cup add carrot and onion to bacon fat . cook
- ☐ 4 ounce olives black chopped canned
- ☐ 1 pound bulk pork sausage
- ☐ 1 teaspoon basil dried
- ☐ 1 tablespoon parsley dried
- ☐ 6 eggs
- ☐ 0.3 cup garlic chopped

- ☐ 9 ounce chile peppers diced green divided canned
- ☐ 3 pounds hash brown potatoes frozen thawed
- ☐ 2 dashes liquid smoke flavoring
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 1 cup pepper jack cheese shredded
- ☐ 0.5 teaspoon pepper sauce hot cholula® such as
- ☐ 15 servings salt and pepper black to taste
- ☐ 0.5 teaspoon lawry's seasoned salt such as LAWRY'S®
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 large onion sweet chopped
- ☐ 0.1 teaspoon pepper white

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ aluminum foil

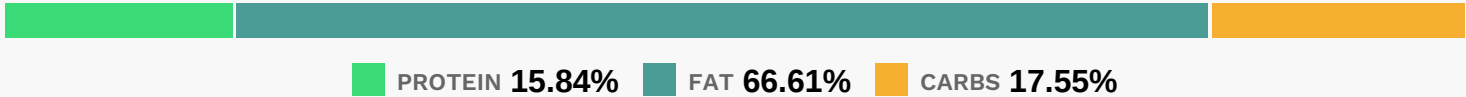
Directions

- ☐ Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon slices on a paper towel-lined plate.
- ☐ Place sausage into the bacon grease, and cook until crumbly and brown, about 10 minutes.
- ☐ Place the sausage on the plate with the bacon, and pour off all but 1/4 cup of the bacon drippings.
- ☐ Reduce heat to medium, and stir in the onion, garlic, and one can of green chiles. Cook and stir until the onion has softened and turned translucent, about 10 minutes. Meanwhile, beat the eggs in a large mixing bowl with the liquid smoke, hot pepper sauce, seasoned salt, white

pepper, parsley, and basil until smooth. Crumble the bacon, and stir bacon and sausage into the eggs with the remaining can of green chiles, hash browns, and cooked onions. Season to taste with salt and black pepper, and stir until evenly mixed.

- ☐ Prepare a 9x13-inch baking dish with cooking spray. Scoop the hash brown mixture into the prepared dish, and smooth the top. Cover with aluminum foil, and refrigerate overnight.
- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Bake the covered dish in the preheated oven for 1 hour.
- ☐ Remove the casserole from the oven, uncover, and sprinkle evenly with pepper Jack and Monterey Jack cheeses.
- ☐ Sprinkle the Cheddar cheese in the shape of a cross, and outline with the black olives. Return to the oven, and bake until the cheese is hot and bubbly, 20 to 30 minutes more.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:4.88, Inflammation Score:-4, Nutrition Score:13.007391349129%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 6mg, Apigenin: 6mg, Apigenin: 6mg, Apigenin: 6mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 465.47kcal (23.27%), Fat: 34.55g (53.16%), Saturated Fat: 13.41g (83.78%), Carbohydrates: 20.48g (6.83%), Net Carbohydrates: 18.36g (6.68%), Sugar: 1.35g (1.5%), Cholesterol: 131.89mg (43.96%), Sodium: 1046.43mg (45.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.49g (36.97%), Phosphorus: 275.66mg (27.57%), Selenium: 16.64µg (23.78%), Vitamin B3: 4.37mg (21.83%), Calcium: 210.63mg (21.06%), Vitamin B6: 0.38mg (19.04%), Vitamin B1: 0.28mg (18.89%), Vitamin C: 15.5mg (18.79%), Vitamin B2: 0.26mg (15.48%), Zinc: 2.25mg (15%), Potassium: 499.04mg (14.26%), Vitamin B12: 0.77µg (12.83%), Iron: 2.23mg (12.39%), Manganese: 0.22mg (11.02%), Vitamin B5: 1.05mg (10.5%), Copper: 0.17mg (8.67%), Fiber: 2.12g (8.48%), Folate: 31.51µg (7.88%), Magnesium: 31.16mg (7.79%), Vitamin A: 375.12IU (7.5%), Vitamin D: 1.1µg (7.33%), Vitamin E: 0.81mg (5.37%), Vitamin K: 3.9µg (3.71%)