



## Easy Breakfast Casserole

 Popular

READY IN



65 min.

SERVINGS



8

CALORIES



357 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

## Ingredients

- ☐ 6 eggs
- ☐ 2 cups cheddar cheese grated
- ☐ 6 slices day-old bread cut into 3/4-inch to 1-inch-wide cubes
- ☐ 2 cups milk
- ☐ 8 servings salt
- ☐ 8 servings bell pepper
- ☐ 1 cup regular corn frozen cooked ( or )
- ☐ 0.5 cup broccoli raw cooked chopped ( or , will turn out crunchier)

- ☐ 0.5 cup mushrooms sliced
- ☐ 0.3 cup green onions sliced
- ☐ 1 cup ham and/or sausage italian cubed cooked
- ☐ 3 slices bacon cooked chopped
- ☐ 1 teaspoon herbs de provence dried fresh chopped (or 1 tablespoon of herbs such as basil, rosemary, or thyme)
- ☐ 0.3 teaspoon curry powder

## Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ casserole dish

## Directions

- ☐ Beat eggs, add milk and cheese: Preheat oven to 350°F. Beat the eggs in a large bowl.
- ☐ Mix in the milk and cheese.
- ☐ Add the bread and carefully stir until all pieces of bread are moistened (don't over mix or the bread may disintegrate).
- ☐ Add salt and pepper to taste (if using Italian sausage, you won't need either.) If you have a lot of additions, you might need a couple more eggs to make sure that everything is at least touching some egg mixture. Just whisk in 2 tablespoons of milk for every beaten egg you add.
- ☐ Bake: Butter a 9x13-inch casserole dish.
- ☐ Pour the mixture into the casserole dish.
- ☐ Bake in a 350°F oven for 50 minutes to an hour, until the top is browned and the center springs back when touched.
- ☐ Remove from oven and let cool for 10 minutes before serving.

## Nutrition Facts



 **PROTEIN 23.79%**  **FAT 49.74%**  **CARBS 26.47%**

Properties

Glycemic Index:32.08, Glycemic Load:7.73, Inflammation Score:-9, Nutrition Score:24.966086926668%

Flavonoids

Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 357.48kcal (17.87%), Fat: 20.08g (30.9%), Saturated Fat: 9.23g (57.68%), Carbohydrates: 24.05g (8.02%), Net Carbohydrates: 20.71g (7.53%), Sugar: 7.77g (8.63%), Cholesterol: 172.15mg (57.38%), Sodium: 812.77mg (35.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.61g (43.22%), Vitamin C: 102.58mg (124.33%), Vitamin A: 2965.82IU (59.32%), Selenium: 31.8µg (45.42%), Phosphorus: 380.24mg (38.02%), Vitamin B2: 0.57mg (33.73%), Calcium: 334.88mg (33.49%), Vitamin B6: 0.49mg (24.58%), Vitamin B1: 0.34mg (22.44%), Folate: 89.26µg (22.32%), Manganese: 0.42mg (20.82%), Vitamin K: 19.92µg (18.98%), Zinc: 2.84mg (18.91%), Vitamin B3: 3.73mg (18.63%), Vitamin B12: 1.07µg (17.83%), Vitamin B5: 1.56mg (15.56%), Potassium: 518.36mg (14.81%), Fiber: 3.33g (13.33%), Vitamin E: 1.97mg (13.1%), Iron: 2.31mg (12.84%), Magnesium: 50.07mg (12.52%), Vitamin D: 1.65µg (10.98%), Copper: 0.13mg (6.59%)