



Easy Breakfast Casserole from Country Crock®

 **Gluten Free** Image not found or type unknown

READY IN

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95 min.

SERVINGS

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12

CALORIES

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241 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 8 slices bacon crumbled
- ☐ 8 eggs
- ☐ 0.5 cup spread divided country crock®
- ☐ 16 ounce hash brown potatoes frozen thawed
- ☐ 2 cups cheddar cheese shredded low-fat divided
- ☐ 2 cups milk 2%
- ☐ 3 cups vegetables fresh assorted peppers, onions, and/or broccoli

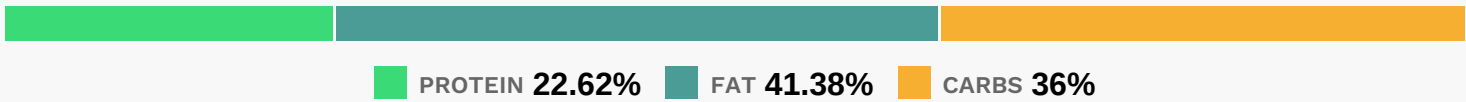
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Grease 13 x 9-inch baking dish with 1 tablespoon Country Crock®
- ☐ Spread; set aside. Melt remaining
- ☐ Spread in 12-inch nonstick skillet over medium-high heat and cook vegetables, stirring occasionally, until tender, about 8 minutes.
- ☐ Whisk eggs with milk in large bowl. Stir in 1 1/2 cups cheese, cooked vegetables, potatoes and bacon.
- ☐ Pour into prepared baking dish.
- ☐ Cover with aluminum foil and bake 45 minutes. Uncover, then sprinkle with remaining 1/2 cup cheese and bake 30 minutes or until eggs are thoroughly cooked.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:7.33, Inflammation Score:-9, Nutrition Score:11.704347808724%

Nutrients (% of daily need)

Calories: 241.42kcal (12.07%), Fat: 11.19g (17.21%), Saturated Fat: 4.29g (26.8%), Carbohydrates: 21.9g (7.3%), Net Carbohydrates: 19.45g (7.07%), Sugar: 6.72g (7.47%), Cholesterol: 125.9mg (41.97%), Sodium: 305.18mg (13.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.76g (27.52%), Vitamin A: 2553.42IU (51.07%), Phosphorus: 252.92mg (25.29%), Selenium: 16.15µg (23.07%), Vitamin B2: 0.31mg (18.32%), Calcium: 159.54mg (15.95%), Vitamin

B1: 0.16mg (10.9%), Vitamin B12: 0.64µg (10.59%), Vitamin C: 8.73mg (10.58%), Potassium: 348.39mg (9.95%), Fiber: 2.45g (9.81%), Vitamin B6: 0.19mg (9.54%), Manganese: 0.19mg (9.32%), Vitamin B3: 1.86mg (9.3%), Zinc: 1.37mg (9.15%), Vitamin B5: 0.9mg (9.04%), Folate: 33.56µg (8.39%), Iron: 1.51mg (8.38%), Magnesium: 28.07mg (7.02%), Copper: 0.12mg (6.13%), Vitamin D: 0.66µg (4.43%), Vitamin E: 0.41mg (2.7%)