



Easy Brunch Bake

READY IN



55 min.

SERVINGS



55

CALORIES



36 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 2 egg whites
- 3 cups milk fat-free
- 1 bell pepper red chopped
- 1 cup milk sharp cheddar cheese shredded 2% kraft
- 10 oz pkt spinach frozen dry thawed chopped
- 6 oz stove top stuffing mix for chicken
- 2 eggs whole

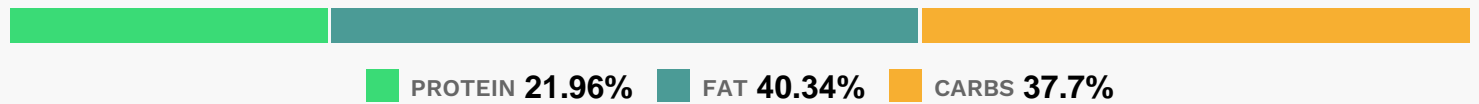
Equipment

- baking sheet
- oven
- ramekin

Directions

- Heat oven to 350F.
- Combine ingredients.
- Spoon into 8 (8-oz.) ramekins; place on baking sheet.
- Bake 40 min. or until centers are set and tops are golden brown.

Nutrition Facts



Properties

Glycemic Index:1.68, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:3.5386956956076%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 36.45kcal (1.82%), Fat: 1.64g (2.52%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 3.15g (1.15%), Sugar: 1.08g (1.19%), Cholesterol: 9.49mg (3.16%), Sodium: 80.94mg (3.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Vitamin K: 19.37µg (18.45%), Vitamin A: 729.3IU (14.59%), Selenium: 3.68µg (5.25%), Calcium: 43.02mg (4.3%), Vitamin B2: 0.07mg (3.87%), Folate: 15.16µg (3.79%), Vitamin C: 3.05mg (3.7%), Phosphorus: 36.79mg (3.68%), Manganese: 0.06mg (2.92%), Vitamin B1: 0.04mg (2.51%), Vitamin B12: 0.12µg (2.05%), Magnesium: 8.02mg (2.01%), Vitamin B6: 0.04mg (1.8%), Potassium: 61.06mg (1.74%), Zinc: 0.24mg (1.59%), Vitamin E: 0.23mg (1.56%), Vitamin B3: 0.31mg (1.55%), Iron: 0.26mg (1.46%), Vitamin D: 0.2µg (1.32%), Fiber: 0.29g (1.18%), Vitamin B5: 0.12mg (1.16%)