



Easy Oven Brunch Bake

READY IN



235 min.

SERVINGS



55

CALORIES



67 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 1 tsp grey poupon dijon mustard
- 4 eggs
- 3 cups bread french cubed
- 0.5 cup green onions chopped
- 0.3 cup oscar mayer ham chopped
- 8 oz mild cheddar cheese shredded kraft
- 2 cups milk
- 1 cup mushrooms chopped
- 0.3 cup oscar mayer real bacon bits

1 cup pasilla peppers red chopped

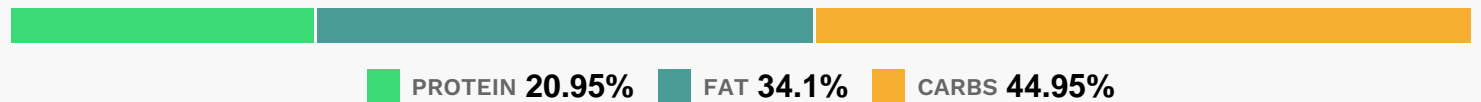
Equipment

- bowl
- oven
- knife
- whisk
- baking pan

Directions

- Beat eggs, milk and mustard in large bowl with wire whisk until well blended.
- Add remaining ingredients; stir gently to mix well.
- Pour into lightly greased 12x8-inch baking dish; cover. Refrigerate several hours or overnight.
- Preheat oven to 325F. Uncover baking dish.
- Bake 45 to 50 min. or until knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:4.97, Glycemic Load:5.41, Inflammation Score:-2, Nutrition Score:3.3091304354046%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 66.64kcal (3.33%), Fat: 2.54g (3.9%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 7.53g (2.51%), Net Carbohydrates: 7.14g (2.6%), Sugar: 1.22g (1.35%), Cholesterol: 18.22mg (6.07%), Sodium: 136.87mg (5.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Selenium: 6.35µg (9.08%), Vitamin B1: 0.11mg (7.1%), Vitamin B2: 0.11mg (6.57%), Phosphorus: 51.74mg (5.17%), Folate: 20.39µg (5.1%), Calcium: 49.57mg (4.96%), Vitamin C: 3.68mg (4.46%), Vitamin B3: 0.76mg (3.8%), Manganese: 0.08mg (3.75%), Iron: 0.61mg (3.38%), Vitamin A: 166.92IU (3.34%), Zinc: 0.4mg (2.65%), Vitamin K: 2.24µg (2.13%), Vitamin B12: 0.12µg (2.08%), Vitamin B6:

0.04mg (2.01%), Magnesium: 7.52mg (1.88%), Vitamin B5: 0.18mg (1.81%), Copper: 0.03mg (1.54%), Fiber: 0.39g (1.54%), Potassium: 51.73mg (1.48%), Vitamin D: 0.19 μ g (1.3%)