



Easy Stuffing-Egg Bake

READY IN



65 min.

SERVINGS



5

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 eggs
- 2 cups mushrooms fresh sliced
- 1 green onion sliced
- 0.3 cup real mayo mayonnaise kraft
- 1 cup milk
- 1 tsp oil
- 0.5 cup cheddar cheese shredded kraft
- 6 oz stove top stuffing mix for chicken
- 1 tomatoes thinly sliced

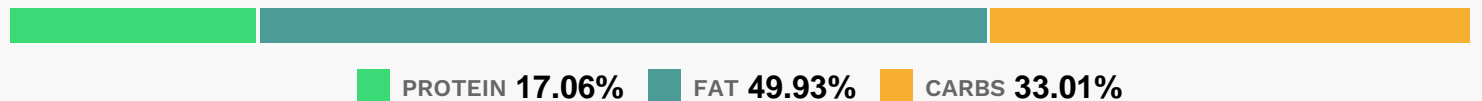
Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Heat oven to 350F.
- Heat oil in medium skillet on medium-high heat.
- Add mushrooms; cook 4 min. or until tender, stirring occasionally. Beat eggs, milk and mayo in large bowl with whisk until blended. Stir in stuffing mix.
- Spoon into 9-inch square baking dish sprayed with cooking spray; top with mushrooms, tomatoes and onions.
- Bake 35 min.
- Sprinkle with cheese; bake 15 min. or until center is set and cheese is melted.
- Let stand 10 min. before serving.

Nutrition Facts



Properties

Glycemic Index:43.4, Glycemic Load:1.54, Inflammation Score:-6, Nutrition Score:17.505217220472%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 379.96kcal (19%), Fat: 21.04g (32.37%), Saturated Fat: 6.42g (40.13%), Carbohydrates: 31.31g (10.44%), Net Carbohydrates: 29.48g (10.72%), Sugar: 6.92g (7.69%), Cholesterol: 218.62mg (72.87%), Sodium: 720.05mg (31.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.18g (32.37%), Selenium: 40.51µg (57.87%), Vitamin B2: 0.66mg (38.76%), Phosphorus: 295.72mg (29.57%), Vitamin K: 26.76µg (25.49%), Folate: 96.66µg (24.16%), Calcium: 208.72mg (20.87%), Vitamin B1: 0.3mg (19.81%), Vitamin B3: 3.6mg (18.02%), Vitamin B5: 1.79mg (17.91%), Vitamin B12: 0.89µg (14.81%), Vitamin A: 714.21IU (14.28%), Iron: 2.56mg (14.2%), Manganese: 0.27mg (13.53%), Copper: 0.26mg (13.2%), Zinc: 1.88mg (12.53%), Potassium: 427.73mg (12.22%), Vitamin B6: 0.24mg (12.05%), Vitamin D: 1.76µg (11.73%), Vitamin E: 1.47mg (9.78%), Magnesium: 35.6mg (8.9%), Fiber: 1.83g (7.32%), Vitamin C: 4.63mg (5.61%)