

Eggs Benedict Casserole

READY IN



550 min.

SERVINGS



15

CALORIES



173 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 pound canadian bacon cut into 1/2-inch dice
- ☐ 8 large eggs
- ☐ 6 muffins english cut into 1/2-inch dice
- ☐ 3 green onions chopped
- ☐ 0.9 ounce knorr hollandaise sauce mix
- ☐ 0.3 cup butter
- ☐ 1 cup milk
- ☐ 1 teaspoon onion powder
- ☐ 0.5 teaspoon paprika

☐ 1 teaspoon salt

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Spray 9x13-inch baking dish with cooking spray.
- ☐ Whisk eggs, 2 cups milk, green onions, onion powder, and salt together in a large bowl until well mixed.
- ☐ Layer half the Canadian bacon in the prepared baking dish.
- ☐ Spread English muffins over meat and top with remaining Canadian bacon.
- ☐ Pour egg mixture over casserole. Cover baking dish with plastic wrap and refrigerate overnight.
- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Sprinkle casserole with paprika; cover with aluminum foil.
- ☐ Bake in preheated oven until eggs are nearly set, about 30 minutes; remove foil. Continue baking until eggs are completely set, about 15 more minutes.
- ☐ Whisk hollandaise sauce mix with 1 cup milk in a saucepan.
- ☐ Add margarine and bring to a boil, stirring frequently. Reduce heat to medium-low, simmer, and stir until thickened, about 1 minute.
- ☐ Drizzle sauce over casserole to serve.

Nutrition Facts



 PROTEIN **25.24%**  FAT **44.14%**  CARBS **30.62%**

Properties

Glycemic Index:10.67, Glycemic Load:7.73, Inflammation Score:-3, Nutrition Score:7.1213043928146%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 172.98kcal (8.65%), Fat: 8.11g (12.47%), Saturated Fat: 2.33g (14.59%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 11.94g (4.34%), Sugar: 0.95g (1.06%), Cholesterol: 119.78mg (39.93%), Sodium: 599.56mg (26.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.43g (20.86%), Selenium: 14.2µg (20.29%), Phosphorus: 157.06mg (15.71%), Vitamin B1: 0.23mg (15.59%), Vitamin B2: 0.22mg (13.1%), Vitamin B3: 1.83mg (9.14%), Vitamin D: 1.35µg (8.98%), Vitamin B12: 0.49µg (8.17%), Vitamin B6: 0.16mg (7.88%), Vitamin A: 362.45IU (7.25%), Vitamin B5: 0.7mg (6.97%), Zinc: 0.9mg (6.02%), Folate: 23.57µg (5.89%), Calcium: 52.24mg (5.22%), Potassium: 180.16mg (5.15%), Manganese: 0.1mg (5.09%), Vitamin K: 5.16µg (4.91%), Iron: 0.88mg (4.89%), Magnesium: 14.66mg (3.67%), Vitamin E: 0.49mg (3.24%), Copper: 0.06mg (3.12%), Fiber: 0.72g (2.89%)