



Slow-Cooker Make-Ahead Scrambled Eggs

 Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 slices bacon
- 8 oz mushrooms fresh sliced (3 cups)
- 3 tablespoons butter
- 16 eggs
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 10.8 oz cream of mushroom soup canned
- 2 tablespoons chives fresh chopped

- 4 plum tomatoes italian sliced quartered
- 8 oz cheddar cheese shredded
- 1 cup frangelico

Equipment

- bowl
- frying pan
- paper towels
- slow cooker

Directions

- In 12-inch nonstick skillet, cook bacon until crisp.
- Drain on paper towels. Crumble bacon; set aside. Reserve 1 tablespoon bacon drippings in skillet.
- Add mushrooms to drippings; cook 4 to 5 minutes or until tender, stirring frequently.
- Remove from skillet; set aside. Wipe skillet clean with paper towel.
- Melt margarine in same skillet over medium heat. Beat eggs in large bowl.
- Add half-and-half, salt and pepper; blend well.
- Add egg mixture to skillet; cook over medium heat until firm but still moist, stirring occasionally. Stir in soup and chives.
- Place half of egg mixture in 3 1/2 or 4-quart slow cooker. Top with half each of the cooked mushrooms, tomatoes, cheese and crumbled bacon. Repeat layers.
- Serve immediately, or cover and keep warm on low setting for up to 4 hours.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.48, Inflammation Score:-5, Nutrition Score:11.544782700746%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 270.95kcal (13.55%), Fat: 21.36g (32.87%), Saturated Fat: 8.32g (52.01%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 3.38g (1.23%), Sugar: 1.21g (1.34%), Cholesterol: 248.09mg (82.7%), Sodium: 615.97mg (26.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.63g (31.27%), Selenium: 28.07µg (40.1%), Vitamin B2: 0.46mg (27.08%), Phosphorus: 253.58mg (25.36%), Calcium: 172.61mg (17.26%), Vitamin A: 830.94IU (16.62%), Vitamin B5: 1.41mg (14.14%), Vitamin B12: 0.85µg (14.12%), Zinc: 2.04mg (13.6%), Folate: 40.2µg (10.05%), Vitamin B6: 0.2mg (9.96%), Vitamin D: 1.38µg (9.22%), Copper: 0.18mg (8.96%), Vitamin B3: 1.68mg (8.41%), Iron: 1.46mg (8.1%), Potassium: 269.16mg (7.69%), Vitamin E: 1.04mg (6.96%), Manganese: 0.14mg (6.8%), Vitamin B1: 0.1mg (6.55%), Magnesium: 20.04mg (5.01%), Vitamin C: 3.53mg (4.27%), Vitamin K: 3.4µg (3.23%), Fiber: 0.51g (2.04%)