



Golden Egg Casserole

READY IN



40 min.

SERVINGS



10

CALORIES



349 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 1 teaspoon double-acting baking powder
- 2.3 oz olives black ripe drained sliced canned
- 2 tablespoons butter
- 16 oz small-curd cottage cheese
- 6 bacon crumbled cooked
- 10 large eggs
- 0.5 cup flour all-purpose
- 1 cup mushrooms fresh sliced
- 1 medium size bell pepper green chopped

- 0.5 pound sausage meat cooked drained
- 8 oz monterrey jack cheese shredded
- 0.3 teaspoon salt

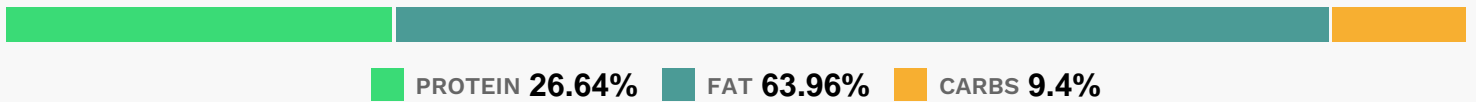
Equipment

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

Directions

- Melt butter in a large skillet over medium-high heat; add mushrooms and bell pepper, and saut 8 minutes or until tender.
- Remove from heat; cool slightly.
- Whisk together eggs and next 3 ingredients in a large bowl until smooth. Stir in mushroom mixture, cottage cheese, and remaining ingredients.
- Pour into a greased 13- x 9-inch baking dish.
- Bake at 400 for 15 minutes. Reduce heat to 350; bake 15 more minutes or until set and lightly browned.

Nutrition Facts



Properties

Glycemic Index:29.1, Glycemic Load:4.11, Inflammation Score:-5, Nutrition Score:13.564347972041%

Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 348.79kcal (17.44%), Fat: 24.62g (37.88%), Saturated Fat: 9.87g (61.66%), Carbohydrates: 8.14g (2.71%), Net Carbohydrates: 7.47g (2.71%), Sugar: 2.04g (2.26%), Cholesterol: 234.98mg (78.33%), Sodium: 802.25mg (34.88%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 23.08g (46.15%), Selenium: 28.54µg (40.77%), Phosphorus: 348.11mg (34.81%), Vitamin B2: 0.5mg (29.65%), Calcium: 267.52mg (26.75%), Vitamin B12: 1.08µg (18%), Zinc: 2.26mg (15.05%), Vitamin B5: 1.46mg (14.59%), Vitamin A: 695.95IU (13.92%), Vitamin B6: 0.26mg (13.02%), Vitamin B1: 0.19mg (12.68%), Vitamin B3: 2.46mg (12.31%), Vitamin C: 9.93mg (12.04%), Folate: 47.73µg (11.93%), Iron: 1.82mg (10.12%), Vitamin D: 1.51µg (10.1%), Potassium: 276.73mg (7.91%), Vitamin E: 1.06mg (7.08%), Copper: 0.13mg (6.58%), Magnesium: 24.74mg (6.18%), Manganese: 0.08mg (4.07%), Fiber: 0.68g (2.71%), Vitamin K: 1.8µg (1.71%)