



Ham and Cheese Breakfast Casserole

READY IN



555 min.

SERVINGS



12

CALORIES



447 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 0.5 cup butter melted
- 8 ounces ham cubed cooked
- 2 cups cornflakes cereal crushed
- 6 eggs
- 3.5 cups milk
- 0.5 teaspoon onion powder
- 2 cups cheddar cheese shredded
- 1.5 cups swiss cheese diced
- 1 ounce bread white cubed

Equipment

- bowl
- oven
- baking pan

Directions

- Lightly grease a 9x13 inch baking dish. Line the bottom of the dish with half the bread cubes.
- Sprinkle with ham, Cheddar cheese, and Swiss cheese, and top with remaining bread. In a bowl, beat together the eggs, milk, and onion powder.
- Pour evenly over bread. Cover, and refrigerate overnight.
- Preheat oven to 375 degrees F (190 degrees C). In a small bowl, blend the crushed cornflakes and melted butter.
- Spread evenly over the casserole.
- Bake 40 minutes in the preheated oven, or until bubbly and golden brown.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:18.06, Glycemic Load:2.27, Inflammation Score:-8, Nutrition Score:25.872174066046%

Nutrients (% of daily need)

Calories: 447.46kcal (22.37%), Fat: 24.31g (37.4%), Saturated Fat: 13.33g (83.34%), Carbohydrates: 38.53g (12.84%), Net Carbohydrates: 37.16g (13.51%), Sugar: 7.45g (8.28%), Cholesterol: 155.9mg (51.97%), Sodium: 784.32mg (34.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.97g (39.94%), Iron: 12.07mg (67.08%), Vitamin B2: 0.98mg (57.41%), Vitamin B12: 3.44µg (57.36%), Vitamin B1: 0.7mg (46.47%), Vitamin B6: 0.86mg (43.03%), Folate: 159.81µg (39.95%), Vitamin B3: 7.96mg (39.78%), Phosphorus: 379.8mg (37.98%), Calcium: 363.84mg (36.38%), Selenium: 25.17µg (35.96%), Vitamin A: 1475.48IU (29.51%), Vitamin D: 2.76µg (18.37%), Zinc: 2.71mg (18.03%), Vitamin C: 12.7mg (15.4%), Magnesium: 40.99mg (10.25%), Vitamin B5: 1.02mg (10.17%), Potassium: 286.4mg (8.18%), Copper: 0.13mg (6.61%), Fiber: 1.37g (5.47%), Manganese: 0.1mg (5.09%), Vitamin E: 0.76mg (5.07%), Vitamin K: 1.59µg (1.51%)