



WHATSheATE



Ham and Cheese Egg Casserole



Gluten Free



Popular

READY IN



25 min.

SERVINGS



6

CALORIES



240 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 1 cup curd cottage cheese
- ☐ 1 cup ham diced
- ☐ 10 eggs
- ☐ 4 green onions sliced
- ☐ 0.3 cup pickled jalapeño peppers sliced
- ☐ 6 servings salt and pepper to taste
- ☐ 1 cup cheddar cheese shredded

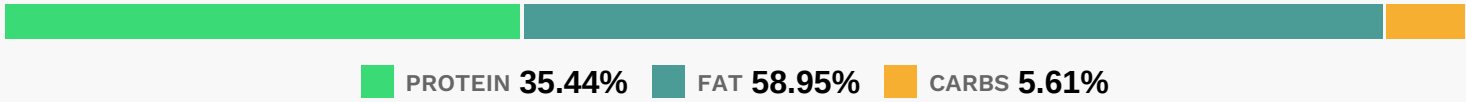
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Mix everything and place in a greased 9x9 inch baking pan and bake in a preheated 375F oven until the eggs have set and the top is a light golden brown, about 20–25 minutes.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:11.952173852402%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 240.01kcal (12%), Fat: 15.59g (23.98%), Saturated Fat: 6.52g (40.75%), Carbohydrates: 3.34g (1.11%), Net Carbohydrates: 3.03g (1.1%), Sugar: 1.95g (2.16%), Cholesterol: 307.76mg (102.59%), Sodium: 780.41mg (33.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.09g (42.17%), Selenium: 31.3µg (44.72%), Phosphorus: 291.04mg (29.1%), Vitamin B2: 0.48mg (28.49%), Calcium: 209.6mg (20.96%), Vitamin K: 17.93µg (17.07%), Vitamin B12: 1µg (16.71%), Vitamin A: 753.9IU (15.08%), Vitamin B5: 1.41mg (14.15%), Folate: 48.75µg (12.19%), Zinc: 1.81mg (12.09%), Vitamin D: 1.61µg (10.76%), Iron: 1.59mg (8.83%), Vitamin B6: 0.17mg (8.72%), Vitamin E: 1.12mg (7.45%), Vitamin C: 5.95mg (7.21%), Potassium: 183.52mg (5.24%), Magnesium: 18.85mg (4.71%), Copper: 0.08mg (3.88%), Vitamin B1: 0.05mg (3.34%), Manganese: 0.04mg (2%), Fiber: 0.31g (1.25%)