



## Ham and Mushroom Baked Eggs

READY IN



45 min.

SERVINGS



8

CALORIES



255 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 3 tablespoons butter
- 1 cup ham diced
- 12 eggs beaten
- 3 tablespoons flour all-purpose
- 0.1 teaspoon ground pepper black
- 2 cups milk
- 6 small mushrooms chopped
- 0.3 cup onion diced
- 0.5 teaspoon salt

- 1 cup sharp cheddar cheese shredded

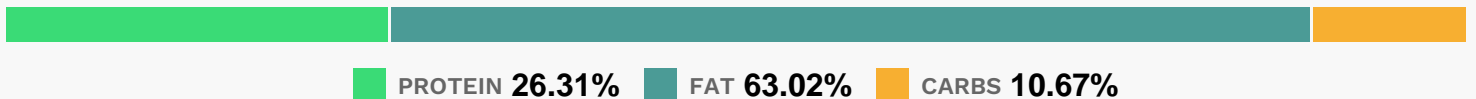
## Equipment

- frying pan
- sauce pan
- oven
- baking pan
- stove

## Directions

- Make the cheese sauce: Melt 3 tablespoons butter in a saucepan on top of the stove. Quickly stir the flour into the saucepan until the mixture is smooth. Stir in the milk, salt and pepper; continue stirring until the mixture is smooth and thick. Finally, stir in the cheese until it is melted.
- Grease a 9x13 inch baking pan.
- In a skillet, saute butter and onions.
- Pour the beaten eggs and ham into the skillet; scramble until set. Fold the mushrooms and cheese sauce into the eggs.
- Pour the mixture into the prepared baking pan. Cover and chill for 30 minutes or overnight.
- Preheat oven to 350 degrees F (175 degrees C).
- Bake the egg and mushroom casserole for 30 minutes in the 350 degrees F (175 degrees C) oven.

## Nutrition Facts



## Properties

Glycemic Index:35.13, Glycemic Load:2.89, Inflammation Score:-4, Nutrition Score:10.985217301742%

## Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## **Nutrients (% of daily need)**

Calories: 255.49kcal (12.77%), Fat: 17.86g (27.47%), Saturated Fat: 8.62g (53.88%), Carbohydrates: 6.8g (2.27%), Net Carbohydrates: 6.56g (2.39%), Sugar: 3.85g (4.28%), Cholesterol: 285.89mg (95.3%), Sodium: 574.77mg (24.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.78g (33.55%), Selenium: 27.15µg (38.78%), Vitamin B2: 0.5mg (29.14%), Phosphorus: 269.23mg (26.92%), Calcium: 215.14mg (21.51%), Vitamin B12: 1.08µg (17.97%), Vitamin A: 728.22IU (14.56%), Vitamin B5: 1.43mg (14.35%), Vitamin D: 2.09µg (13.94%), Zinc: 1.69mg (11.28%), Folate: 41.52µg (10.38%), Vitamin B6: 0.17mg (8.72%), Iron: 1.45mg (8.07%), Potassium: 229.32mg (6.55%), Vitamin E: 0.95mg (6.37%), Vitamin B1: 0.1mg (6.36%), Magnesium: 21.01mg (5.25%), Copper: 0.08mg (4.16%), Vitamin B3: 0.57mg (2.83%), Manganese: 0.06mg (2.79%), Vitamin K: 1.17µg (1.11%)