



Ham and Swiss Brunch Bake

READY IN



120 min.

SERVINGS



10

CALORIES



354 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 1 lb bread french cut into 1/2-inch slices
- 2 tablespoons dijon mustard
- 8 oz finely-chopped ham cooked thinly sliced
- 8 oz swiss cheese thinly sliced
- 4 eggs
- 2 cups milk
- 0.3 cup parmesan cheese grated
- 0.3 cup breadcrumbs plain
- 2 tablespoons parsley fresh chopped

3 tablespoons butter melted

Equipment

bowl

oven

whisk

glass baking pan

Directions

In ungreased 13x9-inch (3-quart) glass baking dish, arrange half of the bread slices, overlapping as needed.

Brush bread in dish with mustard. Top evenly with ham and Swiss cheese, overlapping as needed. Top with remaining bread slices, arranging them over first layer of bread slices to make sandwiches.

In medium bowl, beat eggs and milk with wire whisk until well blended. Carefully pour over sandwiches. Cover; refrigerate at least 1 hour but no longer than 12 hours.

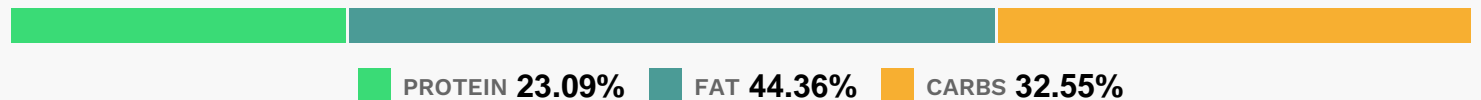
Meanwhile, in small bowl, mix Parmesan cheese, bread crumbs, parsley and butter. Set aside.

Heat oven to 375°F.

Sprinkle crumb topping over casserole.

Bake uncovered 30 to 35 minutes or until sandwiches are puffed and golden brown.

Nutrition Facts



Properties

Glycemic Index:20.95, Glycemic Load:19.12, Inflammation Score:-6, Nutrition Score:16.260434772657%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

Nutrients (% of daily need)

Calories: 354.25kcal (17.71%), Fat: 17.42g (26.81%), Saturated Fat: 7.34g (45.89%), Carbohydrates: 28.77g (9.59%), Net Carbohydrates: 27.5g (10%), Sugar: 4.73g (5.25%), Cholesterol: 111.15mg (37.05%), Sodium: 757.07mg (32.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.4g (40.81%), Selenium: 33.2µg (47.42%), Phosphorus: 353.14mg (35.31%), Vitamin B1: 0.51mg (34.18%), Calcium: 327.97mg (32.8%), Vitamin B2: 0.49mg (28.7%), Vitamin B12: 1.47µg (24.54%), Folate: 71.29µg (17.82%), Zinc: 2.57mg (17.14%), Vitamin B3: 3.28mg (16.4%), Manganese: 0.3mg (14.85%), Iron: 2.54mg (14.13%), Vitamin K: 14.22µg (13.54%), Vitamin A: 603.72IU (12.07%), Magnesium: 38.73mg (9.68%), Vitamin B6: 0.19mg (9.53%), Vitamin B5: 0.94mg (9.37%), Vitamin C: 6.37mg (7.72%), Potassium: 250.98mg (7.17%), Copper: 0.13mg (6.5%), Vitamin D: 0.9µg (6.01%), Fiber: 1.27g (5.1%), Vitamin E: 0.6mg (4.01%)