



Ham & Egg Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



886 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 12 oz biscuits refrigerated
- ☐ 1 cup ham cubed cooked
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 5 eggs chopped
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon onion powder
- ☐ 4 servings bell pepper to taste
- ☐ 2 cups cheddar cheese shredded

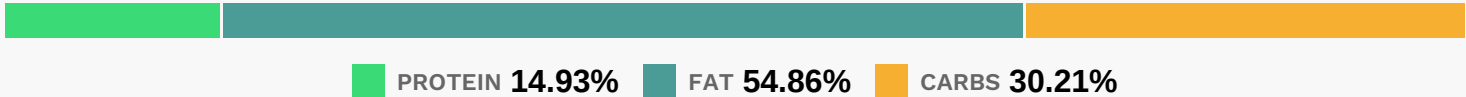
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Combine onion powder, eggs, soup, milk and cheese in a medium mixing bowl; blend well.
- ☐ Place mixture in a greased 8"x8" baking pan.
- ☐ Spread ham evenly over top.
- ☐ Bake, uncovered, at 350 degrees for 25 minutes.
- ☐ Serve over biscuits; sprinkle lightly with pepper.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:37.94, Inflammation Score:-10, Nutrition Score:32.890869347946%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 886.36kcal (44.32%), Fat: 53.99g (83.06%), Saturated Fat: 21.56g (134.75%), Carbohydrates: 66.89g (22.3%), Net Carbohydrates: 64.18g (23.34%), Sugar: 23.05g (25.61%), Cholesterol: 289.65mg (96.55%), Sodium: 1617.93mg (70.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.06g (66.12%), Vitamin C: 102.08mg (123.73%), Vitamin A: 3432.24IU (68.64%), Selenium: 45.59µg (65.13%), Phosphorus: 565.49mg (56.55%), Vitamin B2: 0.95mg (56.14%), Calcium: 478.61mg (47.86%), Vitamin B1: 0.55mg (36.54%), Folate: 143.41µg (35.85%), Vitamin E: 4.67mg (31.16%), Zinc: 4.31mg (28.73%), Iron: 4.97mg (27.58%), Manganese: 0.54mg (26.87%), Vitamin B12: 1.57µg (26.15%), Vitamin B6: 0.49mg (24.65%), Vitamin B3: 4.91mg (24.54%), Vitamin B5: 2.02mg (20.21%), Vitamin K: 17.71µg (16.86%), Potassium: 493.5mg (14.1%), Copper: 0.28mg (13.94%), Magnesium: 53.79mg (13.45%), Fiber: 2.71g (10.83%), Vitamin D: 1.61µg (10.71%)