

Holly's Egg and Cheese Bake

READY IN



45 min.

SERVINGS



6

CALORIES



752 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bacon
- 4 tablespoons butter
- 12 eggs
- 4 tablespoons flour all-purpose
- 2.5 cups milk
- 1 cup onion chopped
- 2 cups cheddar cheese shredded

Equipment

- frying pan
- sauce pan
- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside.
- Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes.
- Remove from hot water, cool, peel and chop.
- Lightly grease a 2 quart casserole dish.
- Sprinkle half of the chopped egg in the bottom of the casserole, add half of the bacon; repeat.
- Melt butter in a medium saucepan over medium heat.
- Add onion and cook until softened and transparent. Stir in flour. Slowly add milk and shredded cheese. Stir until cheese is melted and sauce is smooth and creamy.
- Pour over layered eggs and bacon.
- Bake in preheated oven for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:5.37, Inflammation Score:-7, Nutrition Score:22.387825737829%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 751.55kcal (37.58%), Fat: 62.08g (95.51%), Saturated Fat: 26.75g (167.16%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 12.99g (4.72%), Sugar: 6.49g (7.21%), Cholesterol: 447.19mg (149.06%), Sodium: 971.58mg (42.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.63g (67.26%), Selenium: 56.72µg (81.03%), Phosphorus: 573.67mg (57.37%), Vitamin B2: 0.8mg (47.35%), Calcium: 453.54mg (45.35%), Vitamin B12: 2.13µg (35.42%), Zinc: 3.92mg (26.1%), Vitamin A: 1279.06IU (25.58%), Vitamin B1: 0.36mg (24.25%), Vitamin B5: 2.37mg (23.68%), Vitamin B6: 0.47mg (23.66%), Vitamin D: 3.41µg (22.71%), Vitamin B3: 3.56mg (17.81%), Folate: 63.77µg (15.94%), Potassium: 499.15mg (14.26%), Iron: 2.2mg (12.22%), Vitamin E: 1.81mg (12.05%), Magnesium: 45.96mg (11.49%), Copper: 0.13mg (6.31%), Manganese: 0.11mg (5.46%), Vitamin C: 1.97mg (2.39%), Fiber: 0.59g (2.35%), Vitamin K: 2.25µg (2.14%)