



Leftover Pizza Breakfast Casserole

READY IN



80 min.

SERVINGS



6

CALORIES



255 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 3 tablespoons butter melted
- 4 eggs beaten
- 1 clove garlic minced
- 1 cup milk
- 0.3 cup onion chopped
- 1 teaspoon oregano dried
- 0.3 cup parmesan cheese grated to taste
- 3 slices pizza leftover cut into 3/4-inch squares
- 0.3 teaspoon pepper flakes red to taste

- 0.5 teaspoon salt
- 8 ounce mozzarella cheese shredded

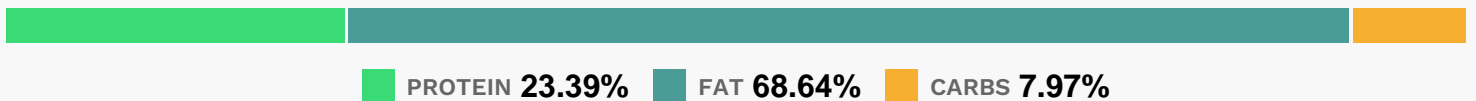
Equipment

- bowl
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray a 9x9-inch baking dish with cooking spray.
- Arrange pizza squares in the prepared baking dish.
- Mix eggs, milk, mozzarella cheese, onion, butter, garlic, oregano, and salt together in a large bowl; pour over pizza pieces. Top with Parmesan cheese and red pepper flakes. Cover dish with aluminum foil.
- Bake in the preheated oven for 45 minutes.
- Remove foil and continue baking until eggs are set and Parmesan cheese is melted, about 20 more minutes.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:1.18, Inflammation Score:-6, Nutrition Score:9.2134784045427%

Flavonoids

Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 254.8kcal (12.74%), Fat: 19.45g (29.93%), Saturated Fat: 10.91g (68.22%), Carbohydrates: 5.08g (1.69%), Net Carbohydrates: 4.74g (1.72%), Sugar: 2.88g (3.2%), Cholesterol: 162.54mg (54.18%), Sodium: 611.52mg (26.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.91g (29.83%), Calcium: 304.51mg (30.45%), Phosphorus: 265.15mg (26.51%), Selenium: 17.88µg (25.54%), Vitamin B12: 1.41µg (23.51%), Vitamin B2: 0.32mg (18.79%), Vitamin A: 721.38IU (14.43%), Zinc: 1.87mg (12.46%), Vitamin D: 1.21µg (8.04%), Vitamin B5: 0.69mg (6.94%), Vitamin B6: 0.11mg (5.72%), Iron: 0.98mg (5.42%), Magnesium: 19.6mg (4.9%), Folate: 19.41µg (4.85%), Potassium: 160.4mg (4.58%), Vitamin E: 0.68mg (4.52%), Vitamin K: 3.84µg (3.66%), Vitamin B1: 0.05mg (3.55%), Manganese: 0.06mg (3.15%), Copper: 0.04mg (1.77%), Fiber: 0.34g (1.37%)