



Make-Ahead Baked Egg Sandwiches

READY IN



210 min.

SERVINGS



6

CALORIES



571 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 6 slices colby-jack cheese
- ☐ 6 croissants split
- ☐ 12 eggs beaten
- ☐ 12 slices ham smoked

Equipment

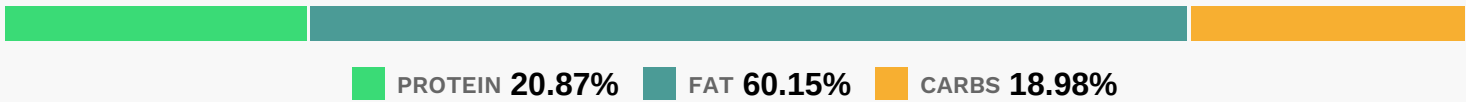
- ☐ baking sheet
- ☐ oven

- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Spray a 9x13 inch baking dish with cooking spray.
- ☐ Pour the beaten eggs into the prepared baking dish.
- ☐ Bake in the preheated oven until they set and are no longer runny, 8 to 10 minutes.
- ☐ Remove, allow to cool, and cut into 6 portions.
- ☐ Butter the cut sides of the croissants and place one portion of the cooked egg onto each croissant bottom. Top each sandwich with two slices of ham and a slice of Colby-Jack cheese.
- ☐ Place the croissant tops on top of the sandwiches; wrap each sandwich well with plastic wrap.
- ☐ Place the sandwiches onto a baking sheet; freeze until solid, about 3 hours. Store frozen.
- ☐ To reheat, cook a wrapped sandwich in a microwave on High until hot in the center, 1 to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:16.55, Inflammation Score:-7, Nutrition Score:17.973043105525%

Nutrients (% of daily need)

Calories: 571.1kcal (28.55%), Fat: 38.01g (58.47%), Saturated Fat: 20.15g (125.91%), Carbohydrates: 26.98g (8.99%), Net Carbohydrates: 25.5g (9.27%), Sugar: 6.95g (7.73%), Cholesterol: 430.97mg (143.66%), Sodium: 1082.54mg (47.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.67g (59.35%), Selenium: 44.11µg (63.01%), Phosphorus: 458.54mg (45.85%), Vitamin B2: 0.65mg (38.35%), Calcium: 285.72mg (28.57%), Vitamin A: 1350.96IU (27.02%), Folate: 96.84µg (24.21%), Zinc: 3.17mg (21.14%), Iron: 3.45mg (19.15%), Vitamin B5: 1.91mg (19.09%), Vitamin B12: 1.12µg (18.71%), Vitamin B1: 0.26mg (17.4%), Vitamin D: 1.93µg (12.85%), Vitamin E: 1.7mg (11.3%), Copper: 0.22mg (10.94%), Manganese: 0.22mg (10.79%), Vitamin B6: 0.21mg (10.25%), Magnesium:

40.45mg (10.11%), Potassium: 326.21mg (9.32%), Vitamin B3: 1.34mg (6.72%), Fiber: 1.48g (5.93%), Vitamin K: 2.65µg (2.53%)