



WHATSheATE



Make-Ahead Breakfast Casserole

READY IN



572 min.

SERVINGS



6

CALORIES



362 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon mustard dry
- ☐ 8 ounce carton egg substitute
- ☐ 2 large egg whites
- ☐ 3 large eggs
- ☐ 1 cup milk fat-free
- ☐ 0.3 teaspoon fennel seeds crushed
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup green onions divided chopped
- ☐ 0.1 teaspoon ground pepper red

- ☐ 0.8 pound ground pork lean
- ☐ 0.5 teaspoon penzey's southwest seasoning italian
- ☐ 0.5 teaspoon salt divided
- ☐ 3 ounces cheddar cheese shredded extra-sharp divided
- ☐ 6 ounce sandwich bread white cut into 1/2-inch cubes

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add 1/4 cup onions, Italian seasoning, 1/4 teaspoon salt, fennel, and garlic; saut 6 minutes or until pork is done, stirring to crumble.
- ☐ Remove from heat; cool slightly.
- ☐ Combine remaining onions (about 1 1/3 tablespoons), remaining 1/4 teaspoon salt, milk, and next 5 ingredients (through red pepper) in a large bowl; stir with a whisk.
- ☐ Add pork mixture, 1/2 cup cheese, and bread; stir to combine.
- ☐ Pour into an 11 x 7-inch glass or ceramic baking dish coated with cooking spray. Cover and refrigerate 8 hours or overnight.
- ☐ Preheat oven to 35
- ☐ Uncover dish; let stand at room temperature 20 minutes.
- ☐ Sprinkle with remaining 1/4 cup cheese.
- ☐ Bake at 350 for 50 minutes or until set and lightly browned.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



 PROTEIN **28.29%**  FAT **51.28%**  CARBS **20.43%**

Properties

Glycemic Index:39, Glycemic Load:10.88, Inflammation Score:-5, Nutrition Score:18.631739181021%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 362.39kcal (18.12%), Fat: 20.41g (31.41%), Saturated Fat: 8.23g (51.44%), Carbohydrates: 18.3g (6.1%), Net Carbohydrates: 17.33g (6.3%), Sugar: 4.72g (5.24%), Cholesterol: 149.22mg (49.74%), Sodium: 600.41mg (26.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.34g (50.68%), Selenium: 51.55µg (73.64%), Vitamin B1: 0.65mg (43.29%), Vitamin B2: 0.63mg (37.26%), Phosphorus: 324.67mg (32.47%), Calcium: 274.55mg (27.45%), Vitamin B3: 4.01mg (20.06%), Zinc: 2.95mg (19.7%), Vitamin B6: 0.39mg (19.5%), Vitamin B12: 1.14µg (19.08%), Vitamin B5: 1.78mg (17.8%), Iron: 2.87mg (15.96%), Folate: 60.76µg (15.19%), Vitamin K: 13.15µg (12.52%), Potassium: 433.52mg (12.39%), Manganese: 0.23mg (11.67%), Vitamin D: 1.64µg (10.93%), Vitamin A: 525.47IU (10.51%), Magnesium: 40.16mg (10.04%), Vitamin E: 1.12mg (7.46%), Copper: 0.11mg (5.32%), Fiber: 0.96g (3.85%), Vitamin C: 2.01mg (2.44%)