



Make-Ahead Egg Bake

READY IN



790 min.

SERVINGS



10

CALORIES



820 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 slices oscar mayer bacon crumbled cooked
- 8 cups unseasoned bread cubes french ()
- 8 eggs
- 3 cups milk
- 8 oz sharp cheddar cheese shredded divided kraft
- 10 oz pkt spinach frozen dry thawed chopped

Equipment

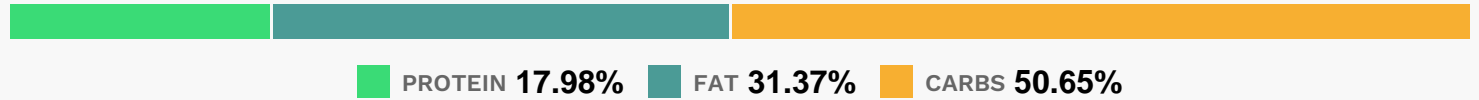
- bowl

- oven
- knife
- whisk
- baking pan

Directions

- Whisk eggs and milk in large bowl until blended; stir in bread.
- Add spinach, bacon and 1-1/2 cups cheese; mix lightly.
- Pour into 13x9-inch baking dish sprayed with cooking spray; top with remaining cheese. Refrigerate overnight.
- Heat oven to 350F.
- Bake casserole, uncovered, 48 to 50 min. or until top is puffed and golden brown, and knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:14.55, Glycemic Load:77.17, Inflammation Score:-10, Nutrition Score:42.04782646117%

Nutrients (% of daily need)

Calories: 819.91kcal (41%), Fat: 28.62g (44.03%), Saturated Fat: 11.34g (70.88%), Carbohydrates: 103.99g (34.66%), Net Carbohydrates: 99g (36%), Sugar: 12.65g (14.06%), Cholesterol: 179.83mg (59.94%), Sodium: 1561.28mg (67.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.92g (73.84%), Selenium: 79.75µg (113.93%), Vitamin K: 107.65µg (102.53%), Vitamin B1: 1.5mg (100.33%), Vitamin A: 3869.95IU (77.4%), Vitamin B2: 1.25mg (73.82%), Folate: 295.22µg (73.8%), Manganese: 1.21mg (60.47%), Vitamin B3: 10.44mg (52.22%), Phosphorus: 498.14mg (49.81%), Iron: 8.7mg (48.32%), Calcium: 406.4mg (40.64%), Zinc: 4.03mg (26.83%), Magnesium: 104.13mg (26.03%), Vitamin B6: 0.44mg (22.08%), Fiber: 4.99g (19.94%), Copper: 0.37mg (18.66%), Vitamin B12: 1.08µg (18.02%), Vitamin B5: 1.71mg (17.12%), Potassium: 547.65mg (15.65%), Vitamin E: 1.91mg (12.73%), Vitamin D: 1.75µg (11.67%), Vitamin C: 1.56mg (1.89%)