



Make-Ahead Spring Brunch Bake

 Gluten Free

READY IN



585 min.

SERVINGS



12

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 2 tablespoons butter
- 2 cups leek light green sliced quartered
- 8 oz asparagus fresh trimmed
- 5 cups hash browns frozen southern-style (from 32-oz package)
- 0.5 cup roasted peppers red (from 7.25-oz jar)
- 1 teaspoon salt
- 1 teaspoon dill dried
- 8 eggs

- 4 oz parmesan fresh shredded finely
- 2 cups frangelico

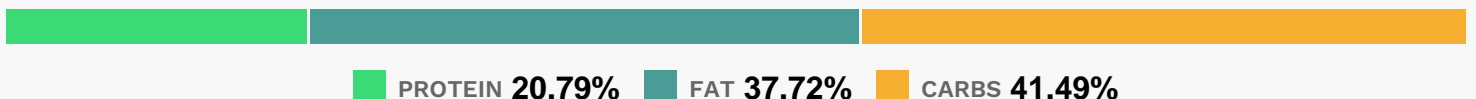
Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Melt margarine in 12-inch skillet over medium-high heat.
- Add leeks and asparagus pieces; cook and stir 5 to 6 minutes or until crisp-tender.
- Add potatoes, roasted pepper strips, salt and dill; mix lightly. Spoon evenly into sprayed baking dish.
- Beat eggs in medium bowl.
- Add half-and-half; beat well.
- Add half of the cheese; mix well.
- Pour over vegetable mixture in baking dish.
- Sprinkle with remaining half of cheese. Cover with foil; refrigerate at least 8 hours or overnight.
- Heat oven to 350°F.
- Bake, covered, 45 minutes. Uncover; bake an additional 20 to 25 minutes or until center is set.
- Let stand 10 minutes.
- Cut into squares. If desired, garnish with red bell pepper strips.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:5.21, Inflammation Score:-5, Nutrition Score:10.201304352802%

Flavonoids

Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 181.61kcal (9.08%), Fat: 7.74g (11.91%), Saturated Fat: 3.02g (18.86%), Carbohydrates: 19.16g (6.39%), Net Carbohydrates: 17.18g (6.25%), Sugar: 1.12g (1.24%), Cholesterol: 115.55mg (38.52%), Sodium: 511.46mg (22.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.6g (19.2%), Phosphorus: 181.96mg (18.2%), Selenium: 12µg (17.14%), Calcium: 155.05mg (15.5%), Vitamin C: 12.77mg (15.48%), Vitamin A: 741.03IU (14.82%), Vitamin K: 15.08µg (14.36%), Manganese: 0.25mg (12.61%), Iron: 2.25mg (12.52%), Vitamin B2: 0.21mg (12.45%), Potassium: 375.72mg (10.73%), Vitamin B6: 0.2mg (9.92%), Folate: 38.23µg (9.56%), Vitamin B1: 0.14mg (9.22%), Vitamin B3: 1.78mg (8.91%), Copper: 0.17mg (8.62%), Vitamin B5: 0.85mg (8.52%), Fiber: 1.97g (7.88%), Zinc: 0.96mg (6.37%), Magnesium: 25.19mg (6.3%), Vitamin B12: 0.38µg (6.28%), Vitamin E: 0.75mg (5.01%), Vitamin D: 0.63µg (4.23%)