



## Night Before Scrambled Eggs

READY IN



45 min.

SERVINGS



8

CALORIES



267 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 3 tablespoons butter divided
- 6 slices bacon cooked chopped
- 12 eggs
- 1.5 tablespoons flour all-purpose
- 1.3 cups milk
- 1 cup mushrooms sliced
- 0.3 cup onion finely chopped
- 0.5 teaspoon salt
- 1.8 cups cheese shredded divided (such as Cheddar or Swiss)

## Equipment

- frying pan
- sauce pan
- oven
- whisk
- baking pan

## Directions

- Melt 1 tbsp of the butter in a saucepan.
- Whisk in flour and salt. Gradually whisk in milk until smooth. Bring mixture to a simmer over medium heat, stirring constantly, until slightly thickened.
- Remove from heat.
- Add 1-1/4 cups of the cheese, stirring until melted. Set aside.
- Melt remaining 2 tbsp butter in a large frying pan.
- Add mushrooms and onion; saute until tender and liquid evaporates.
- Whisk eggs.
- Add eggs and bacon or ham to mushroom/onion mixture. Cook until eggs are just set but still a little wet. Stir cheese sauce into egg mixture.
- Spoon mixture into a greased 9-inch (23 cm) square baking pan or 2.5 L casserole.
- Sprinkle remaining 1/2 cup cheese over top. Cover and refrigerate overnight.
- The next morning, uncover and bake in a preheated 350 degrees F (180 degrees C) oven until heated through and cheese is melted, 20 to 25 minutes.

## Nutrition Facts



## Properties

Glycemic Index:24.88, Glycemic Load:1.82, Inflammation Score:-4, Nutrition Score:11.867391293464%

## Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

## **Nutrients (% of daily need)**

Calories: 267.01kcal (13.35%), Fat: 19.37g (29.79%), Saturated Fat: 7.6g (47.53%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 4.76g (1.73%), Sugar: 2.85g (3.17%), Cholesterol: 275.39mg (91.8%), Sodium: 558.37mg (24.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.67g (35.34%), Selenium: 29.82µg (42.6%), Phosphorus: 294.18mg (29.42%), Vitamin B2: 0.5mg (29.2%), Vitamin B12: 1.43µg (23.79%), Calcium: 212.01mg (21.2%), Vitamin A: 773.93IU (15.48%), Vitamin B5: 1.45mg (14.54%), Zinc: 1.99mg (13.27%), Vitamin D: 1.89µg (12.57%), Vitamin B6: 0.2mg (9.91%), Folate: 38.67µg (9.67%), Iron: 1.46mg (8.11%), Vitamin B1: 0.11mg (7.54%), Potassium: 248.46mg (7.1%), Vitamin B3: 1.27mg (6.35%), Vitamin E: 0.95mg (6.33%), Magnesium: 21.47mg (5.37%), Copper: 0.1mg (4.99%), Manganese: 0.05mg (2.64%), Fiber: 0.27g (1.09%)