



WHATSHEATE



Potato and Bacon Breakfast Casserole

READY IN



110 min.

SERVINGS



6

CALORIES



644 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 12 ounces bacon sliced
- ☐ 6 servings pepper black freshly ground
- ☐ 0.3 cup flour all-purpose
- ☐ 6 ounces gouda cheese shredded
- ☐ 1 tablespoon kosher salt as needed plus more
- ☐ 1 cup bell pepper red
- ☐ 1.5 pounds baking potatoes scrubbed (3 medium)
- ☐ 1 cup cream sour
- ☐ 4 tablespoons butter unsalted as needed plus more ()

☐ 2 cups milk whole

Equipment

☐ baking sheet

☐ oven

☐ whisk

☐ pot

☐ baking pan

☐ grill

☐ aluminum foil

☐ dutch oven

☐ glass baking pan

☐ box grater

Directions

☐ Heat the oven to 350°F and arrange a rack in the middle. Coat a 9-by-9-inch metal baking pan with butter (if you're not planning to reheat the casserole on a grill, a ceramic or glass baking dish is OK to use); set aside.

☐ Place the bacon in an even layer on a rimmed baking sheet and bake until crisp and browned, about 15 to 20 minutes.

☐ Remove to a large paper-towel-lined plate and set aside to cool. Meanwhile, melt the measured butter in a large, wide pot or Dutch oven over medium heat.

☐ Add the bell pepper and onion, season with salt and pepper, and cook, stirring occasionally, until softened, about 5 minutes.

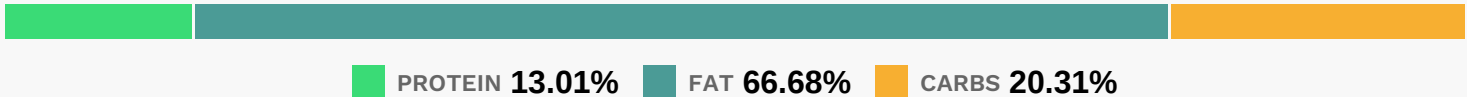
☐ Add the flour and cook, stirring occasionally, until the flour is no longer raw-tasting, about 1 minute. While whisking constantly, slowly pour in the milk and whisk until smooth.

☐ Let the mixture come to a boil and remove from the heat.

☐ Whisk in the measured salt, sour cream, and 1 cup of the cheese and season with pepper; set aside. Grate the potatoes on the large holes of a box grater (you should have about 5 cups of shredded potatoes), add to the pot, and stir to combine. Chop the cooled bacon into small dice, add it to the potato mixture, and stir to combine.

- ☐
- Transfer the mixture to the prepared baking dish, spread it into an even layer, and sprinkle with the remaining 1 1/2 cups of cheese.
- ☐
- Bake until browned all over, bubbling around the edges, and the potatoes are cooked through, about 1 hour (cover the dish with aluminum foil if it's browning too quickly).To make ahead and reheat in an oven or on a grill, let the cooked casserole cool to room temperature. Cover with aluminum foil and refrigerate for up to 2 days. When ready to reheat, let the covered casserole sit at room temperature for 1 to 1 1/2 hours, then place in a 350°F oven or on a medium grill (about 350°F to 450°F) until heated through, about 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:48.13, Glycemic Load:20.93, Inflammation Score:-8, Nutrition Score:19.793043281721%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 644.23kcal (32.21%), Fat: 48.1g (74%), Saturated Fat: 22.76g (142.25%), Carbohydrates: 32.96g (10.99%), Net Carbohydrates: 30.8g (11.2%), Sugar: 7.61g (8.46%), Cholesterol: 122.18mg (40.73%), Sodium: 1820.87mg (79.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.12g (42.24%), Vitamin C: 38.6mg (46.78%), Phosphorus: 424.56mg (42.46%), Calcium: 360.7mg (36.07%), Vitamin B6: 0.71mg (35.26%), Vitamin A: 1563.62IU (31.27%), Selenium: 20.82µg (29.74%), Vitamin B1: 0.37mg (24.4%), Potassium: 851.13mg (24.32%), Vitamin B2: 0.4mg (23.82%), Vitamin B12: 1.26µg (20.93%), Vitamin B3: 4.15mg (20.74%), Zinc: 2.67mg (17.83%), Magnesium: 59.21mg (14.8%), Manganese: 0.27mg (13.72%), Vitamin B5: 1.3mg (12.98%), Folate: 45.38µg (11.35%), Vitamin D: 1.4µg (9.35%), Iron: 1.67mg (9.29%), Copper: 0.17mg (8.7%), Fiber: 2.16g (8.65%), Vitamin E: 1.12mg (7.48%), Vitamin K: 5.56µg (5.3%)