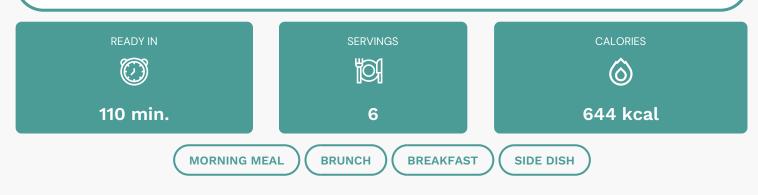


Potato and Bacon Breakfast Casserole



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			
Εq	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
Ī	with the remaining 11/2 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

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 %: O% (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%)