



Puffed-Pancake Brunch Casserole

READY IN



65 min.

SERVINGS



10

CALORIES



357 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 0.5 cup butter
- 2 cups milk
- 8 eggs
- 4 oz swiss cheese shredded
- 3 cups finely-chopped ham cubed cooked
- 2.1 oz farro chopped
- 8 oz cheddar cheese shredded
- 0.3 teaspoon salt
- 0.3 teaspoon ground mustard

- 1 Dash nutmeg
- 2 cups frangelico

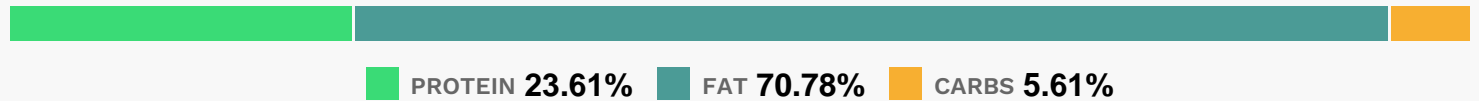
Equipment

- bowl
- oven
- whisk
- baking pan
- glass baking pan

Directions

- Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- Place butter in dish; place in oven until melted, about 10 minutes.
- In medium bowl, mix Bisquick mix, 1 cup of the milk and 2 of the eggs with whisk until tiny lumps remain.
- Pour over butter in baking dish.
- Layer with Swiss cheese, ham, bacon and Cheddar cheese. In large bowl, mix remaining 1 cup milk, remaining 6 eggs, the salt, mustard and nutmeg.
- Pour over casserole.
- Bake uncovered 35 to 40 minutes or until golden brown.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21.2, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:13.542608675749%

Nutrients (% of daily need)

Calories: 356.71kcal (17.84%), Fat: 28g (43.08%), Saturated Fat: 14.87g (92.94%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 4.75g (1.73%), Sugar: 2.61g (2.9%), Cholesterol: 219.18mg (73.06%), Sodium: 760.69mg (33.07%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 21.02g (42.04%), Selenium: 29.01µg (41.44%), Phosphorus: 393.5mg (39.35%), Calcium: 346.77mg (34.68%), Vitamin B12: 1.66µg (27.62%), Vitamin B2: 0.45mg (26.53%), Zinc: 2.8mg (18.68%), Vitamin A: 874.68IU (17.49%), Vitamin B1: 0.24mg (15.68%), Vitamin B5: 1.18mg (11.81%), Vitamin B6: 0.21mg (10.38%), Vitamin C: 7.91mg (9.58%), Vitamin D: 1.38µg (9.18%), Magnesium: 28.97mg (7.24%), Potassium: 251.54mg (7.19%), Vitamin B3: 1.43mg (7.16%), Folate: 24.79µg (6.2%), Vitamin E: 0.9mg (5.99%), Iron: 1.04mg (5.8%), Copper: 0.08mg (4.25%), Manganese: 0.05mg (2.51%), Vitamin K: 1.8µg (1.71%), Fiber: 0.25g (1.01%)