



WHATSheATE



Puffed-Pancake Brunch Casserole



Gluten Free



Popular

READY IN



65 min.

SERVINGS



10

CALORIES



374 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 2.1 oz bacon chopped
- ☐ 0.5 cup butter
- ☐ 3 cups finely-chopped ham cubed cooked
- ☐ 8 eggs
- ☐ 0.3 teaspoon ground mustard
- ☐ 1 Dash nutmeg
- ☐ 2 cups milk
- ☐ 0.3 teaspoon salt

- ☐ 8 oz cheddar cheese shredded
- ☐ 4 oz swiss cheese shredded
- ☐ 2 cups frangelico
- ☐ 2 cups frangelico

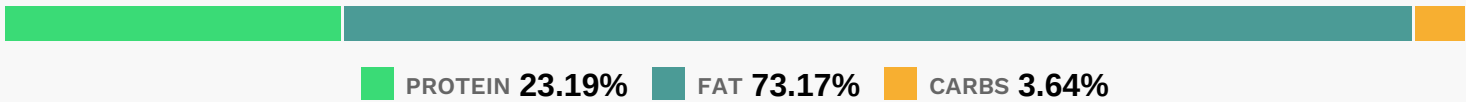
Equipment

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

Directions

- ☐ Heat oven to 375F. 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:13.639565176938%

Nutrients (% of daily need)

Calories: 374.21kcal (18.71%), Fat: 30.34g (46.68%), Saturated Fat: 15.66g (97.86%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 3.37g (1.22%), Sugar: 2.59g (2.88%), Cholesterol: 223.1mg (74.37%), Sodium: 799.93mg (34.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.64g (43.27%), Selenium: 29.69µg (42.42%), Phosphorus: 398.86mg (39.89%), Calcium: 346.41mg (34.64%), Vitamin B12: 1.69µg (28.11%), Vitamin B2: 0.45mg (26.6%), Zinc: 2.82mg (18.83%), Vitamin A: 876.46IU (17.53%), Vitamin B1: 0.25mg (16.44%), Vitamin B5: 1.21mg (12.06%), Vitamin B6: 0.22mg (10.83%), Vitamin C: 7.91mg (9.58%), Vitamin D: 1.4µg (9.34%), Vitamin B3: 1.55mg (7.74%), Potassium: 257.79mg (7.37%), Magnesium: 28.38mg (7.09%), Vitamin E: 0.92mg (6.16%), Folate: 23.84µg (5.96%), Iron: 0.99mg (5.5%), Copper: 0.08mg (4.06%), Manganese: 0.04mg (1.78%), Vitamin K: 1.75µg (1.67%)