



## Quick & Easy "BLT" Breakfast Bake

READY IN



435 min.

SERVINGS



8

CALORIES



349 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 7 slices oscar mayer bacon cooked chopped
- 1.5 cups three cheese shredded with a touch of philadelphia, divided kraft
- 1 Tbsp grey poupon dijon mustard
- 6 eggs
- 4 green onions divided chopped
- 3 cups milk
- 2 large tomatoes thinly sliced
- 8 slices bread white
- 1 Tbsp lea & perrins worcestershire sauce

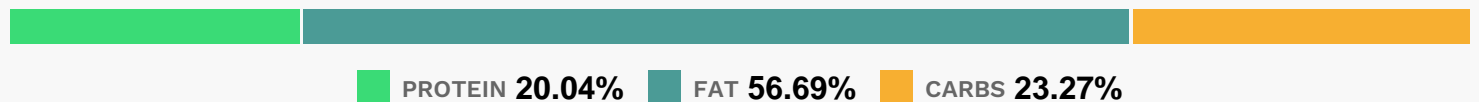
## Equipment

- oven
- knife
- whisk
- baking pan

## Directions

- Cover 4 bread slices evenly with half each of the cheese and onions; top with bacon and remaining bread slices.
- Cut sandwiches in half. Arrange alternately with tomato slices in 13x9-inch baking dish sprayed with cooking spray.
- Whisk remaining ingredients until blended; pour over ingredients in baking dish. Refrigerate 6 hours.
- Heat oven to 350F.
- Sprinkle remaining cheese and onions over ingredients in baking dish.
- Bake 50 min. to 1 hour or until knife inserted in center comes out clean.
- Let stand 10 min. before cutting to serve.

## Nutrition Facts



## Properties

Glycemic Index:30.22, Glycemic Load:11.09, Inflammation Score:-7, Nutrition Score:15.457391386447%

## Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

## Nutrients (% of daily need)

Calories: 349.2kcal (17.46%), Fat: 21.97g (33.81%), Saturated Fat: 9.59g (59.92%), Carbohydrates: 20.29g (6.76%), Net Carbohydrates: 18.93g (6.89%), Sugar: 7.5g (8.34%), Cholesterol: 167.63mg (55.88%), Sodium: 518.37mg

(22.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.47g (34.95%), Selenium: 28.22µg (40.31%), Calcium: 346.86mg (34.69%), Phosphorus: 327.2mg (32.72%), Vitamin B2: 0.46mg (27.27%), Vitamin A: 987.95IU (19.76%), Vitamin B12: 1.11µg (18.48%), Vitamin B1: 0.28mg (18.38%), Vitamin K: 17µg (16.19%), Folate: 58.68µg (14.67%), Zinc: 2.14mg (14.28%), Vitamin D: 1.87µg (12.47%), Vitamin B5: 1.23mg (12.26%), Vitamin B3: 2.42mg (12.12%), Vitamin B6: 0.24mg (12.1%), Potassium: 410.68mg (11.73%), Manganese: 0.23mg (11.72%), Iron: 1.88mg (10.47%), Magnesium: 37.1mg (9.28%), Vitamin C: 7.65mg (9.27%), Vitamin E: 0.98mg (6.51%), Fiber: 1.36g (5.43%), Copper: 0.11mg (5.41%)