



WHATSheATE



Savory Breakfast Casserole with a Trio of Toppings: Mushroom and Onion Jam, Tomato and Pesto and Avocado Black Bean Salsa

READY IN



95 min.

SERVINGS



8

CALORIES



778 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 15 ounce black beans drained canned
- ☐ 15 ounce canned tomatoes diced drained canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 10 ounce large-cut croutons recommended: Chatham Village
- ☐ 8 ounce ham diced
- ☐ 10 large eggs

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 pint guacamole prepared
- ☐ 1 jalapeño canned finely chopped
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon juice of lime
- ☐ 3 cups milk
- ☐ 16 ounce mushrooms sliced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 24 ounce onions frozen thawed chopped
- ☐ 0.5 cup pesto prepared
- ☐ 1 tablespoon red wine vinegar
- ☐ 2 cup cheddar cheese shredded
- ☐ 1 tablespoon sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

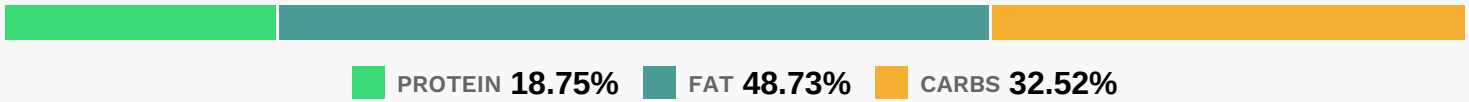
Directions

- ☐ For the casserole: Preheat the oven to 350 degrees F. Spray a 9 by 13-inch baking dish with cooking spray. In a large bowl, whisk together the eggs and milk until well blended.
- ☐ Add the croutons and toss until well coated.
- ☐ Add the remaining ingredients and mix.
- ☐ Pour into the prepared baking dish and bake until browned and puffy, 45 to 50 minutes.
- ☐ Let rest 5 minutes before serving.

- ☐
- For the onion and mushroom jam: In a large skillet over medium heat, add the olive oil. When the oil is hot, add the onions, mushrooms, sugar, vinegar and salt and pepper, to taste.

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Nutrition Facts



Properties

Glycemic Index:60.01, Glycemic Load:24.04, Inflammation Score:-9, Nutrition Score:36.151304410852%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 17.37mg, Quercetin: 17.37mg, Quercetin: 17.37mg, Quercetin: 17.37mg

Nutrients (% of daily need)

Calories: 778.39kcal (38.92%), Fat: 43.03g (66.19%), Saturated Fat: 13.18g (82.38%), Carbohydrates: 64.61g (21.54%), Net Carbohydrates: 51.71g (18.81%), Sugar: 14.8g (16.45%), Cholesterol: 290.06mg (96.69%), Sodium: 1625.89mg (70.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.24g (74.49%), Selenium: 49.18µg (70.26%), Vitamin B2: 1.08mg (63.41%), Phosphorus: 577.7mg (57.77%), Fiber: 12.9g (51.6%), Folate: 199.99µg (50%), Calcium: 468.33mg (46.83%), Manganese: 0.78mg (38.95%), Vitamin B1: 0.55mg (36.93%), Vitamin B5: 3.67mg (36.74%), Potassium: 1263.58mg (36.1%), Copper: 0.72mg (35.95%), Vitamin K: 36.78µg (35.03%), Vitamin B3: 6.62mg (33.1%), Vitamin B6: 0.64mg (31.86%), Iron: 5.73mg (31.84%), Vitamin C: 23.7mg (28.73%), Zinc: 4.22mg

(28.12%), Vitamin A: 1390.33IU (27.81%), Magnesium: 101.01mg (25.25%), Vitamin E: 3.66mg (24.38%), Vitamin B12: 1.43µg (23.89%), Vitamin D: 2.54µg (16.93%)