

Seafood and Cheese Brunch Bake







MORNING MEAL

BRUNCH

BREAKFAST

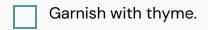
SIDE DISH

Ingredients

2 tablespoons butter
8 oz mushrooms fresh sliced (3 cups)
O.3 cup spring onion sliced
O.5 lb shrimp deveined uncooked peeled
6 slices sandwich bread white
3 tablespoons basil pesto
8 oz swiss cheese shredded
6 oz crabmeat drained canned

14 oz artichoke hearts drained quartered canned

	6 eggs
	1.5 cups milk
	0.5 teaspoon salt
	O.1 teaspoon ground pepper red (cayenne)
	1 sprigs thyme leaves fresh
Equipment	
	bowl
	frying pan
	oven
	knife
	baking pan
	glass baking pan
Directions	
	Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In large skillet, melt butter over medium heat. Cook mushrooms and onions in butter 5 to 7 minutes or until tender, stirring frequently.
	Add shrimp; cook until shrimp turn pink, stirring occasionally.
	Spread 3 slices bread with pesto. Top each with 1 plain bread slice, pressing firmly together.
	Cut sandwiches into 1/2-inch cubes.
	Layer half of bread cubes in baking dish.
	Sprinkle with half of the cheese. Top with all of the mushroom mixture, crabmeat and artichoke hearts. Top with remaining half of bread cubes and cheese.
	In large bowl, beat eggs. Beat in milk, salt and ground red pepper.
	Pour over bread, pushing bread into milk mixture to moisten completely. Cover; refrigerate 8 hours or overnight.
	Heat oven to 350°F. Uncover baking dish; bake 35 to 40 minutes or until knife inserted in center comes out clean.
	Let stand 5 minutes before serving. To serve, cut into squares.



Nutrition Facts

PROTEIN 30.68% 📗 FAT 50.99% 📒 CARBS 18.33%

Properties

Glycemic Index:23.4, Glycemic Load:5.18, Inflammation Score:-5, Nutrition Score:11.549565237501%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 229.74kcal (11.49%), Fat: 12.92g (19.87%), Saturated Fat: 5.49g (34.29%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 9.32g (3.39%), Sugar: 3.03g (3.37%), Cholesterol: 147.55mg (49.18%), Sodium: 517.2mg (22.49%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 17.49g (34.98%), Selenium: 23.78µg (33.97%), Phosphorus: 288.56mg (28.86%), Calcium: 279.14mg (27.91%), Vitamin B12: 1.41µg (23.55%), Vitamin B2: 0.32mg (18.98%), Zinc: 2.25mg (15%), Copper: 0.29mg (14.64%), Vitamin A: 524.87lU (10.5%), Vitamin B5: 1.03mg (10.28%), Folate: 38.22µg (9.55%), Vitamin B3: 1.75mg (8.73%), Magnesium: 30.12mg (7.53%), Vitamin B1: 0.11mg (7.45%), Potassium: 260.46mg (7.44%), Iron: 1.17mg (6.52%), Vitamin B6: 0.13mg (6.26%), Vitamin K: 6.26µg (5.96%), Manganese: 0.11mg (5.72%), Vitamin D: 0.81µg (5.42%), Vitamin E: 0.74mg (4.96%), Fiber: 1.14g (4.54%), Vitamin C: 1.54mg (1.87%)