



## Seafood and Cheese Brunch Bake

READY IN



550 min.

SERVINGS



12

CALORIES



230 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 14 oz artichoke hearts drained quartered canned
- 3 tablespoons basil pesto
- 2 tablespoons butter
- 6 oz crabmeat drained canned
- 6 eggs
- 8 oz mushrooms fresh sliced (3 cups)
- 0.3 cup spring onion sliced
- 0.1 teaspoon ground pepper red (cayenne)
- 1.5 cups milk

- 0.5 teaspoon salt
- 0.5 lb shrimp deveined uncooked peeled
- 8 oz swiss cheese shredded
- 1 sprigs thyme leaves fresh
- 6 slices sandwich bread white

## Equipment

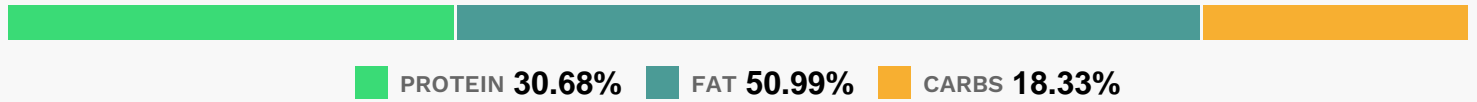
- bowl
- frying pan
- oven
- knife
- baking pan
- glass baking pan

## 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 350F. 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.

Garnish with thyme.

## Nutrition Facts



### 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

### 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: 0g (100%), Alcohol %: 0% (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: 524.87IU (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%)