



Slow-Cooker Bacon, Smoked Cheddar and Egg Casserole

READY IN



275 min.

SERVINGS



8

CALORIES



556 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 12 oz ciabatta bread french cubed
- 2 tablespoons butter
- 8 oz mushrooms fresh sliced (3 cups)
- 9 eggs
- 0.5 teaspoon pepper red crushed
- 8 oz cheddar cheese smoked shredded
- 1 lb bacon cooked drained coarsely chopped
- 1 bell pepper green coarsely chopped

- 0.3 cup parsley fresh italian chopped (flat-leaf)
- 2 cups frangelico (1 pint)

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- aluminum foil
- slow cooker

Directions

- Heat oven to 300°F. On large cookie sheet, spread bread cubes.
- Bake 20 to 30 minutes or until dry.
- Line sides of 4- to 5-quart slow cooker with foil that has been folded into thirds; spray with cooking spray. (See tip.)
- In 10-inch skillet, melt butter.
- Add mushrooms; cook 5 minutes, stirring occasionally, just until tender.
- In large bowl, beat eggs, half-and-half and pepper flakes with whisk. Reserve 3/4 cup cheese; set aside. Stir in remaining cheese, the bacon, bell pepper and 2 tablespoons of the parsley. Fold in bread cubes; stir to coat. Spoon mixture into slow cooker.
- Cover; cook on Low heat setting 4 to 5 hours or on High heat setting 2 to 3 hours or until temperature reaches 160°F in center and egg mixture is set.
- Sprinkle reserved cheese and remaining 2 tablespoons parsley over top. Cover; cook about 10 minutes longer or until cheese is melted.
- Remove foil before serving by loosening edges with table knife.

Nutrition Facts



■ PROTEIN **17.84%** ■ FAT **65.19%** ■ CARBS **16.97%**

Properties

Glycemic Index:18.88, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:16.321304259093%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 555.6kcal (27.78%), Fat: 40.14g (61.75%), Saturated Fat: 16.53g (103.3%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 22.41g (8.15%), Sugar: 1.22g (1.36%), Cholesterol: 257.44mg (85.81%), Sodium: 866.88mg (37.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.72g (49.44%), Selenium: 37.31µg (53.31%), Phosphorus: 339.16mg (33.92%), Vitamin K: 33.06µg (31.48%), Vitamin B2: 0.52mg (30.56%), Calcium: 237.16mg (23.72%), Vitamin C: 15.05mg (18.24%), Vitamin A: 909.86IU (18.2%), Vitamin B12: 1.04µg (17.36%), Vitamin B3: 3.47mg (17.34%), Zinc: 2.54mg (16.96%), Vitamin B5: 1.64mg (16.42%), Vitamin B6: 0.32mg (16.09%), Vitamin B1: 0.22mg (14.54%), Folate: 38.52µg (9.63%), Vitamin D: 1.44µg (9.62%), Potassium: 332.25mg (9.49%), Copper: 0.17mg (8.64%), Iron: 1.48mg (8.19%), Vitamin E: 1.18mg (7.85%), Magnesium: 25.63mg (6.41%), Fiber: 1.11g (4.44%), Manganese: 0.06mg (2.98%)