



Slow-Cooker Cheesy Spinach Breakfast Casserole

 Gluten Free

READY IN



190 min.

SERVINGS



12

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 2 cups hash browns frozen
- 1 cup milk
- 8 eggs
- 2 cups pkt spinach fresh chopped
- 6 oz mozzarella cheese shredded
- 0.3 cup basil pesto
- 1 teaspoon garlic minced

- 1 medium grape leaves chopped
- 1 serving salt and pepper to taste
- 1 cup frangelico

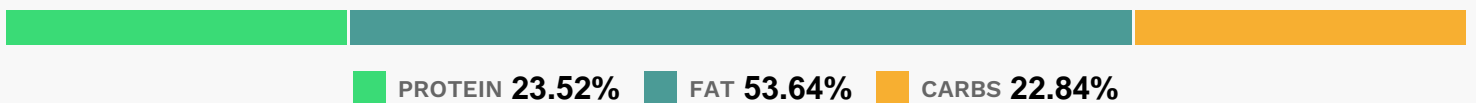
Equipment

- bowl
- whisk
- toothpicks
- aluminum foil
- slow cooker

Directions

- Line bottom and sides of 6-quart slow cooker with foil; spray with cooking spray.
- Spread frozen hash brown potatoes in single layer in bottom of slow cooker.
- In large bowl, beat Original Bisquick® mix, milk and eggs with whisk until well combined. Stir in spinach, cheese, pesto, garlic, tomato, and salt and pepper to taste.
- Pour mixture evenly over potatoes in slow cooker.
- Cover; cook on High heat setting about 3 hours or until center is set, edges are golden brown and toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:2.26, Inflammation Score:-6, Nutrition Score:8.1508694938991%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 147.12kcal (7.36%), Fat: 8.76g (13.48%), Saturated Fat: 3.55g (22.2%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 7.68g (2.79%), Sugar: 1.44g (1.6%), Cholesterol: 123.17mg (41.06%), Sodium: 214.43mg (9.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.65g (17.29%), Vitamin K: 24.9µg (23.72%), Vitamin A: 929IU (18.58%), Selenium: 11.99µg (17.13%), Phosphorus: 148.31mg (14.83%), Calcium: 131.16mg (13.12%), Vitamin B2: 0.22mg (12.81%), Vitamin B12: 0.69µg (11.57%), Vitamin B5: 0.66mg (6.64%), Zinc: 0.98mg (6.54%), Folate: 26.09µg (6.52%), Iron: 1.1mg (6.08%), Potassium: 211.09mg (6.03%), Manganese: 0.12mg (6.03%), Vitamin D: 0.87µg (5.78%), Vitamin B6: 0.11mg (5.59%), Vitamin C: 4.38mg (5.31%), Vitamin B1: 0.07mg (4.39%), Magnesium: 16.9mg (4.22%), Vitamin B3: 0.68mg (3.42%), Copper: 0.07mg (3.29%), Vitamin E: 0.45mg (3.01%), Fiber: 0.72g (2.86%)