



WHATShEATE



Slow Cooker Egg Brunch Casserole



Gluten Free

READY IN



510 min.

SERVINGS



10

CALORIES



297 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients



6 slices bacon to taste



1 teaspoon dill weed dried



12 eggs



1 clove garlic minced



10 servings salt and ground pepper black to taste



2 pound hash brown potatoes frozen thawed



1 onion chopped



1 bell pepper red seeded chopped

- ☐ 1.5 cups cheddar cheese shredded
- ☐ 1 cup milk whole

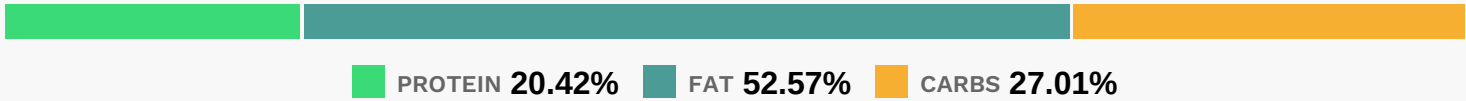
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Spray the inside of a slow cooker with cooking spray.
- ☐ Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain bacon slices on paper towels and crumble.
- ☐ Spray a skillet with cooking spray and place over medium heat; cook and stir onion, red bell pepper, and garlic until onion is softened, about 5 minutes. Stir potatoes into onion mixture. Spoon 1/3 the potato mixture into the slow cooker; add 1/3 the bacon and 1/3 the Cheddar cheese. Repeat layering with remaining ingredients, ending with cheese.
- ☐ Whisk eggs, milk, dill, salt, and pepper together in a bowl; pour over ingredients in slow cooker.
- ☐ Cook on Low, 8 to 10 hours.

Nutrition Facts



Properties

Glycemic Index:21.7, Glycemic Load:5.55, Inflammation Score:-6, Nutrition Score:13.551738972249%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 297.18kcal (14.86%), Fat: 17.42g (26.8%), Saturated Fat: 7.28g (45.48%), Carbohydrates: 20.14g (6.71%),
Net Carbohydrates: 18.39g (6.69%), Sugar: 2.39g (2.66%), Cholesterol: 225.01mg (75%), Sodium: 303.64mg
(13.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.23g (30.45%), Selenium: 24.51µg (35.01%), Vitamin C:
23.63mg (28.64%), Phosphorus: 275.91mg (27.59%), Vitamin B2: 0.39mg (22.76%), Calcium: 195.28mg (19.53%),
Vitamin A: 878.6IU (17.57%), Vitamin B6: 0.28mg (14.2%), Vitamin B12: 0.85µg (14.12%), Vitamin B5: 1.39mg (13.91%),
Potassium: 454.21mg (12.98%), Zinc: 1.81mg (12.04%), Vitamin B1: 0.18mg (11.78%), Iron: 2.03mg (11.29%), Vitamin B3:
2.25mg (11.25%), Manganese: 0.2mg (10.03%), Folate: 39.59µg (9.9%), Vitamin D: 1.48µg (9.86%), Copper: 0.15mg
(7.41%), Magnesium: 28.63mg (7.16%), Fiber: 1.75g (7.01%), Vitamin E: 0.94mg (6.28%), Vitamin K: 1.43µg (1.37%)