



Slow-Cooker Ham and Egg Breakfast Casserole

 Gluten Free

READY IN



260 min.

SERVINGS



8

CALORIES



415 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 12 eggs
- 0.5 teaspoon salt
- 0.5 teaspoon pepper black freshly ground
- 0.5 teaspoon ground pepper red (cayenne)
- 4 oz cheddar cheese shredded
- 0.5 cup spring onion chopped
- 4 oz gruyere cheese shredded

- 6 cups hash browns shredded frozen country-style (from 30-oz bag)
- 9 oz spinach frozen thawed
- 12 oz finely-chopped ham cubed cooked
- 0.7 cup frangelico

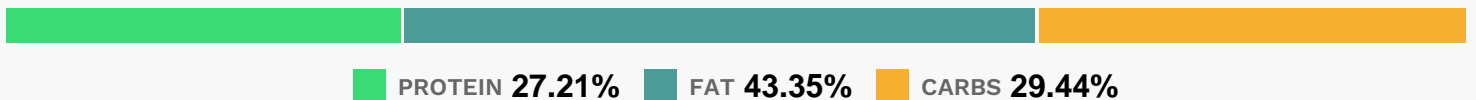
Equipment

- bowl
- knife
- whisk
- aluminum foil
- slow cooker

Directions

- Line sides of 4- to 5-quart slow cooker with foil that has been folded into thirds; spray with cooking spray. (See tip.)
- In medium bowl, beat eggs, half-and-half, salt, black and red pepper with whisk. Reserve 3/4 cup Cheddar cheese and 2 tablespoons green onions; set aside. In small bowl, stir together remaining cheeses.
- Layer half of the potatoes, spinach, ham, remaining green onions and cheese in slow cooker. Repeat layers.
- Pour egg mixture over layers.
- Cover; cook on Low heat setting 4 to 5 hours or on High heat setting 2 1/2 to 3 hours or until temperature reaches 160°F in center and egg mixture is set.
- Sprinkle reserved cheese and green onions over top of casserole. Cover; cook 10 minutes longer or until cheese is melted.
- Remove foil before serving by loosening edges with table knife.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:8.18, Inflammation Score:-10, Nutrition Score:30.452173937922%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 415.23kcal (20.76%), Fat: 20.11g (30.94%), Saturated Fat: 8.47g (52.92%), Carbohydrates: 30.73g (10.24%), Net Carbohydrates: 27.38g (9.95%), Sugar: 0.71g (0.79%), Cholesterol: 306.33mg (102.11%), Sodium: 983.44mg (42.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.4g (56.8%), Vitamin K: 132.81µg (126.48%), Vitamin A: 4487.61IU (89.75%), Selenium: 37.19µg (53.13%), Phosphorus: 498.06mg (49.81%), Vitamin B2: 0.6mg (35.57%), Calcium: 345.11mg (34.51%), Vitamin C: 25.85mg (31.33%), Vitamin B1: 0.45mg (30.08%), Manganese: 0.53mg (26.28%), Vitamin B12: 1.56µg (26.07%), Folate: 93.39µg (23.35%), Potassium: 813.65mg (23.25%), Zinc: 3.41mg (22.74%), Vitamin B6: 0.44mg (22.07%), Vitamin B3: 4.41mg (22.05%), Iron: 3.83mg (21.25%), Vitamin B5: 2.07mg (20.66%), Magnesium: 68.68mg (17.17%), Copper: 0.31mg (15.72%), Fiber: 3.36g (13.43%), Vitamin E: 1.84mg (12.25%), Vitamin D: 1.49µg (9.93%)