



## Smoked Salmon and Bagel Breakfast Casserole

READY IN



600 min.

SERVINGS



10

CALORIES



363 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 1 pound bagels cut into 1/2-inch cubes ( 4 to 5 bagels)
- 0.3 teaspoon pepper black freshly ground
- 10 servings butter for coating the baking dish
- 2 tablespoons capers coarsely chopped
- 8 ounces cream cheese cold
- 8 large eggs
- 3 tablespoons chives fresh finely chopped (from 1 bunch)
- 2 teaspoons kosher salt

- 2 tablespoons onion red minced
- 4 ounces salmon smoked sliced cut into bite-sized pieces
- 3.5 cups milk whole

## Equipment

- bowl
- oven
- whisk
- wire rack
- plastic wrap
- baking pan
- aluminum foil

## Directions

- Coat a 13-by-9-inch baking dish with butter; set aside.
- Cut the cream cheese into 1/2-inch cubes, place them in a single layer on a large plate, and freeze for 10 minutes (this will make them easier to sprinkle into the casserole).
- Place half of the bagel cubes in an even layer in the prepared dish and sprinkle with half of the cream cheese and half of the chives. Repeat with the remaining bagel cubes, cream cheese, and chives; set the dish aside.
- Whisk the eggs in a large bowl to break them up.
- Add the milk, salt, and pepper and whisk to combine. Slowly pour the mixture evenly over the bread and cream cheese and press slightly on the bread to make sure it is mostly submerged. Cover the dish with plastic wrap or aluminum foil and refrigerate overnight. When ready to bake the casserole, heat the oven to 350°F and arrange a rack in the middle. Meanwhile, remove the casserole from the refrigerator and let it sit at room temperature. Uncover the casserole and bake until it's puffed, golden brown, and just set in the center, about 50 minutes.
- Remove the dish to a wire rack. Immediately scatter the smoked salmon, capers, and onion evenly over top.
- Let sit for 10 minutes before serving.

# Nutrition Facts

PROTEIN 17.92% FAT 48.83% CARBS 33.25%

## Properties

Glycemic Index:29.1, Glycemic Load:18.6, Inflammation Score:-5, Nutrition Score:11.920000008915%

## Flavonoids

Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

## Nutrients (% of daily need)

Calories: 363.24kcal (18.16%), Fat: 19.63g (30.2%), Saturated Fat: 10.2g (63.77%), Carbohydrates: 30.09g (10.03%), Net Carbohydrates: 28.93g (10.52%), Sugar: 5.22g (5.8%), Cholesterol: 195.31mg (65.1%), Sodium: 1033.26mg (44.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.21g (32.42%), Selenium: 19.62µg (28.03%), Phosphorus: 254.4mg (25.44%), Vitamin D: 3.68µg (24.52%), Vitamin B2: 0.39mg (23.14%), Vitamin B12: 1.25µg (20.75%), Vitamin A: 835.45IU (16.71%), Calcium: 162.49mg (16.25%), Manganese: 0.28mg (13.94%), Vitamin B5: 1.34mg (13.36%), Vitamin B1: 0.15mg (9.85%), Vitamin B6: 0.19mg (9.59%), Zinc: 1.43mg (9.56%), Magnesium: 33.59mg (8.4%), Iron: 1.49mg (8.3%), Folate: 32.9µg (8.22%), Potassium: 287.08mg (8.2%), Vitamin B3: 1.49mg (7.47%), Copper: 0.14mg (7.15%), Vitamin E: 0.94mg (6.29%), Fiber: 1.16g (4.65%), Vitamin K: 3.61µg (3.44%)