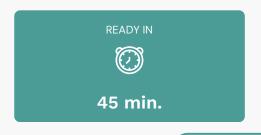
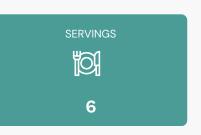


Smoked Salmon and Potato Breakfast Casserole

Gluten Free







MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

Ш	2 tablespoons butter ()
	6 servings capers
	6 servings cup heavy whipping cream sour
	1 teaspoon dijon mustard
	6 servings optional: dill fresh
	4 large eggs
	3 tablespoons chives fresh minced

	2 teaspoons optional: dill fresh minced
	0.3 teaspoon pepper black
	1 cup half and half
	1 pound baking potatoes peeled cut into 1/2-inch cubes
	0.5 teaspoon salt
	0.5 cup shallots finely chopped
	0.5 pound salmon fillet flaked
	3 tablespoons cream sour
	2 tablespoons vegetable oil
Eq	uipment
	bowl
	frying pan
	baking sheet
	oven
	whisk
	glass baking pan
Di	rections
	Preheat oven to 400°F. Arrange bread on rimmed baking sheet.
	Bake until pale golden, about 5 minutes, then cool.
	Butter 11x7-inch glass baking dish. Melt 2 tablespoons butter with oil in heavy large skillet over medium-low heat.
	Add potatoes. Stir to coat and arrange in single layer. Cover and cook until potatoes are almost tender, about 8 minutes. Uncover; increase heat to medium-high, and cook until potatoes are lightly browned and tender, stirring occasionally, about 5 minutes.
	Add shallots and sauté until soft, about 2 minutes.
	Remove from heat. Gently mix in bread, salmon, chives, and minced dill.
	Transfer mixture to prepared dish.

	PROTEIN 17.1% FAT 61.37% CARBS 21.53%		
Nutrition Facts			
Cut into squares and top with additional sour cream, capers, and dill sprigs; serve hot.			
	Bake casserole, uncovered, until custard is set, about 30 minutes.		
	Preheat oven to 350°F.		
	Let stand at room temperature 30 minutes before baking.)		
	Let stand 15 minutes, occasionally pressing bread into custard. (Can be made 1 day ahead. Cover; chill.		
	Pour custard over potato mixture in dish.		
	Whisk eggs and next 5 ingredients in medium bowl to blend well.		

Properties

Glycemic Index:50.63, Glycemic Load:11.58, Inflammation Score:-6, Nutrition Score:15.474347715792%

Flavonoids

Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 366.2kcal (18.31%), Fat: 25.24g (38.83%), Saturated Fat: 11.43g (71.43%), Carbohydrates: 19.92g (6.64%), Net Carbohydrates: 18.15g (6.6%), Sugar: 4.5g (5%), Cholesterol: 189.43mg (63.14%), Sodium: 389.11mg (16.92%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 15.83g (31.66%), Selenium: 26.9µg (38.43%), Vitamin B6: 0.73mg (36.32%), Vitamin B12: 1.62µg (27%), Vitamin B2: 0.45mg (26.39%), Phosphorus: 249.89mg (24.99%), Potassium: 697.05mg (19.92%), Vitamin B3: 3.91mg (19.55%), Vitamin B5: 1.61mg (16.14%), Vitamin A: 793.34IU (15.87%), Vitamin K: 15.21µg (14.49%), Vitamin B1: 0.19mg (12.83%), Folate: 47.02µg (11.76%), Copper: 0.23mg (11.6%), Magnesium: 44.18mg (11.04%), Manganese: 0.22mg (10.81%), Iron: 1.9mg (10.57%), Calcium: 104.03mg (10.4%), Vitamin C: 7.47mg (9.05%), Zinc: 1.21mg (8.07%), Vitamin E: 1.13mg (7.54%), Fiber: 1.77g (7.1%), Vitamin D: 0.91µg (6.04%)