



Smoked Salmon and Potato Breakfast Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



366 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 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

Equipment

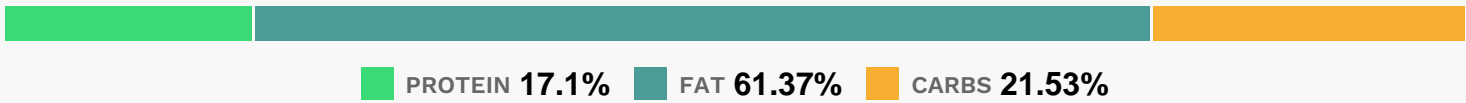
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ glass baking pan

Directions

- ☐ 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.

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

Nutrition Facts



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 %: 0% (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%)