



## Southern Brunch Casserole

READY IN



45 min.

SERVINGS



10

CALORIES



745 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 2 large baking potatoes cubed unpeeled
- 0.3 cup butter
- 3 tablespoons butter melted
- 1 pound bacon crumbled cooked
- 0.3 cup flour all-purpose
- 1 cup half-and-half
- 12 hard-cooked eggs sliced
- 10 servings garnish: herbs fresh
- 1 teaspoon penzey's southwest seasoning dried italian

- 1 cup milk
- 0.5 teaspoon pepper
- 16 ounces sharp cheddar cheese shredded
- 2 cups breadcrumbs whole wheat soft (4 slices bread)

## Equipment

- sauce pan
- oven
- baking pan

## Directions

- Cook potatoes in boiling water to cover in a large saucepan 15 minutes or until just tender.
- Drain and let cool.
- Melt 1/4 cup butter in a heavy saucepan over medium-low heat; add flour, stirring until smooth. Cook, stirring constantly, 1 minute. Gradually add milk and half-and-half; cook over medium heat, stirring constantly, until thickened and bubbly.
- Add cheese, Italian seasoning, and pepper, stirring constantly until cheese melts.
- Remove from heat.
- Layer half each of egg slices, bacon, and cheese sauce in a lightly greased 13" x 9" x 2" baking dish. Top with potatoes. Top with remaining egg slices, bacon, and cheese sauce.
- Combine breadcrumbs and 3 tablespoons melted butter; sprinkle over casserole. Cover and chill overnight, if desired.
- Remove casserole from refrigerator.
- Let stand at room temperature 30 minutes.
- Bake, uncovered, at 350 for 30 minutes or until thoroughly heated.
- Garnish, if desired.
- Note: A mushroom slicer makes a neat and easy job of slicing hard-cooked eggs for this recipe.

## Nutrition Facts



■ PROTEIN 20.68% ■ FAT 59.21% ■ CARBS 20.11%

## Properties

Glycemic Index:29.38, Glycemic Load:13, Inflammation Score:-8, Nutrition Score:27.724347736524%

## Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 745.47kcal (37.27%), Fat: 50.07g (77.04%), Saturated Fat: 19.95g (124.69%), Carbohydrates: 38.27g (12.76%), Net Carbohydrates: 34.83g (12.66%), Sugar: 4.22g (4.69%), Cholesterol: 325.46mg (108.49%), Sodium: 1371.5mg (59.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.35g (78.69%), Selenium: 56.92µg (81.32%), Vitamin K: 70µg (66.67%), Phosphorus: 583.58mg (58.36%), Vitamin B2: 0.74mg (43.66%), Calcium: 433.77mg (43.38%), Vitamin A: 1603.35IU (32.07%), Vitamin B6: 0.64mg (31.82%), Vitamin B12: 1.83µg (30.48%), Vitamin B3: 5.89mg (29.45%), Vitamin B1: 0.42mg (27.84%), Zinc: 4.16mg (27.75%), Iron: 3.85mg (21.4%), Potassium: 746.66mg (21.33%), Vitamin B5: 1.96mg (19.57%), Vitamin C: 14.09mg (17.08%), Folate: 59.37µg (14.84%), Magnesium: 58.33mg (14.58%), Fiber: 3.44g (13.78%), Vitamin D: 2.04µg (13.61%), Vitamin E: 1.6mg (10.7%), Manganese: 0.2mg (9.88%), Copper: 0.16mg (8.09%)