



## Southwestern Brunch Casserole

READY IN



45 min.

SERVINGS



10

CALORIES



457 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 3 cups bisquick original baking mix all-purpose
- 2 tablespoons butter
- 4.5 ounce chiles green chopped canned
- 1.5 cups ham cooked chopped
- 8 large eggs divided
- 2 garlic cloves pressed
- 1 teaspoon hot sauce
- 1 cup milk
- 1.5 cups milk divided

- 0.3 teaspoon oregano dried
- 0.3 teaspoon pepper
- 0.7 cup quick-cooking grits uncooked
- 1 teaspoon salt
- 8 ounces mexican cheese blend shredded divided
- 8 ounce cup heavy whipping cream sour
- 1.7 cups water

## Equipment

- sauce pan
- oven
- whisk
- baking pan

## Directions

- Bring first 5 ingredients to a boil in a medium saucepan; gradually stir in grits. Cover, reduce heat, and simmer, stirring occasionally, 5 to 7 minutes.
- Add 1/2 cup cheese, garlic, and oregano, stirring until cheese melts; let cool 10 to 15 minutes. Stir in 2 eggs, and pour into a lightly greased 13- x 9-inch baking dish.
- Bake at 350 for 20 minutes; remove baking dish from oven. Increase oven temperature to 400
- Sprinkle remaining 1 1/2 cups cheese, ham, and chiles evenly over grits crust.
- Whisk together remaining 6 eggs and 1/2 cup milk; pour into baking dish.
- Stir together remaining 1 cup milk and next 3 ingredients; spoon evenly over egg mixture, slightly spreading with back of a spoon. (Baking mix mixture will be very thick.)
- Bake at 400 for 35 minutes. Cool 10 minutes; cut into squares.
- Serve with salsa, if desired.
- \*2 cups (8 ounces) shredded Cheddar cheese may be substituted.

## Nutrition Facts



■ PROTEIN 17.5% ■ FAT 50.95% ■ CARBS 31.55%

## Properties

Glycemic Index:14.3, Glycemic Load:1.15, Inflammation Score:-6, Nutrition Score:16.940434787584%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 457.48kcal (22.87%), Fat: 25.89g (39.82%), Saturated Fat: 10.75g (67.17%), Carbohydrates: 36.07g (12.02%), Net Carbohydrates: 34.57g (12.57%), Sugar: 8.44g (9.38%), Cholesterol: 204.14mg (68.05%), Sodium: 1202.27mg (52.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.01g (40.01%), Phosphorus: 537.02mg (53.7%), Vitamin B2: 0.61mg (36.1%), Calcium: 344.54mg (34.45%), Selenium: 23.86µg (34.09%), Vitamin B1: 0.42mg (27.8%), Vitamin B12: 1.39µg (23.24%), Folate: 90.9µg (22.72%), Zinc: 2.23mg (14.89%), Vitamin B5: 1.49mg (14.88%), Vitamin B3: 2.94mg (14.71%), Vitamin A: 725.07IU (14.5%), Iron: 2.55mg (14.14%), Vitamin B6: 0.25mg (12.5%), Vitamin C: 9.12mg (11.05%), Vitamin D: 1.58µg (10.56%), Magnesium: 38.84mg (9.71%), Manganese: 0.19mg (9.64%), Potassium: 334.96mg (9.57%), Copper: 0.13mg (6.71%), Fiber: 1.49g (5.98%), Vitamin E: 0.74mg (4.92%), Vitamin K: 3.96µg (3.77%)