



## Three-Cheese Brunch Bake

READY IN



85 min.

SERVINGS



25

CALORIES



240 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 8 slices oscar mayer bacon crumbled cooked
- 0.5 tsp pepper black
- 5 cups unseasoned bread cubes french (1 inch)
- 1 cup knudsen cottage cheese
- 1.5 tsp grey poupon dijon mustard
- 5 eggs
- 1 cup low-moisture milk mozzarella cheese shredded whole kraft
- 1.5 cups milk
- 1 onion chopped

- 8 oz cheddar cheese shredded kraft
- 1 tsp lea & perrins worcestershire sauce

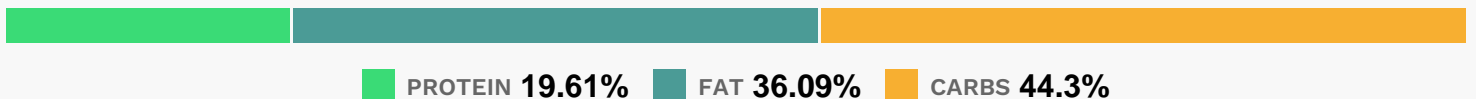
## Equipment

- oven
- whisk
- baking pan

## Directions

- Heat oven to 350F.
- Spread half the bread cubes onto bottom of 13x9-inch baking dish. Top with half each of the onions, bacon, cheddar and mozzarella; cover with cottage cheese. Repeat layers of bread, onions, bacon, cheddar and mozzarella; set aside.
- Beat remaining ingredients with whisk until blended; pour over ingredients in baking dish. Press bread cubes lightly into egg mixture until completely covered.
- Let stand 10 min.
- Bake 50 min. to 1 hour or until center is set and top is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:10.54, Glycemic Load:19.42, Inflammation Score:-4, Nutrition Score:9.5530434665473%

## Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 240.37kcal (12.02%), Fat: 9.63g (14.81%), Saturated Fat: 4.15g (25.95%), Carbohydrates: 26.6g (8.87%), Net Carbohydrates: 25.46g (9.26%), Sugar: 3.47g (3.86%), Cholesterol: 52.58mg (17.53%), Sodium: 473.5mg (20.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.77g (23.54%), Selenium: 22.64µg (32.35%), Vitamin

B1: 0.38mg (25.06%), Vitamin B2: 0.34mg (19.99%), Phosphorus: 172.84mg (17.28%), Folate: 67.31µg (16.83%), Calcium: 151.96mg (15.2%), Manganese: 0.27mg (13.27%), Vitamin B3: 2.61mg (13.06%), Iron: 2.09mg (11.63%), Zinc: 1.29mg (8.59%), Vitamin B12: 0.4µg (6.66%), Magnesium: 23.82mg (5.96%), Vitamin B6: 0.11mg (5.65%), Vitamin B5: 0.48mg (4.82%), Copper: 0.09mg (4.57%), Fiber: 1.14g (4.56%), Vitamin A: 204.56IU (4.09%), Potassium: 133.69mg (3.82%), Vitamin D: 0.45µg (2.97%), Vitamin E: 0.33mg (2.2%)