



Tomato Mozzarella Bake

READY IN



60 min.

SERVINGS



8

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter divided softened
- 4 bacon crumbled cooked
- 4 eggs
- 8 slices bread french ()
- 2 garlic clove minced
- 0.7 cup bell pepper green chopped
- 0.3 cup onion chopped
- 1 teaspoon oregano dried
- 4 ounces part-skim mozzarella cheese shredded

- 0.5 teaspoon pepper
- 1 teaspoon salt
- 2 teaspoons sugar
- 2 medium tomatoes

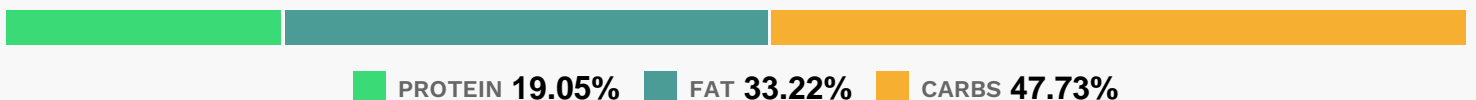
Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- baking pan

Directions

- Spread 2 tablespoons butter over both sides of bread.
- Place on a baking sheet; bake at 400° for about 3 minutes on each side or until lightly toasted.
- Cut into 1-in. cubes. Reduce heat to 350°.
- In a large skillet, saute green pepper, onion and garlic in remaining butter until tender. In a large bowl, lightly beat the eggs. Stir in bread cubes, vegetable mixture, bacon, sugar, salt, oregano and pepper.
- Transfer to a greased 11-in. x 7-in. baking dish.
- Cut each tomato into four thick slices; arrange over the top.
- Sprinkle with cheese.
- Bake, uncovered, at 350° for 30–35 minutes or until a knife inserted near the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:42.82, Glycemic Load:26.88, Inflammation Score:-7, Nutrition Score:14.553043479505%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 314.54kcal (15.73%), Fat: 11.67g (17.95%), Saturated Fat: 5.66g (35.4%), Carbohydrates: 37.73g (12.58%), Net Carbohydrates: 35.47g (12.9%), Sugar: 5.61g (6.23%), Cholesterol: 106.16mg (35.39%), Sodium: 898.31mg (39.06%), Alcohol: 0g (100%), Protein: 15.06g (30.11%), Selenium: 29.34µg (41.92%), Vitamin B1: 0.51mg (34.13%), Vitamin B2: 0.44mg (25.97%), Folate: 98.25µg (24.56%), Manganese: 0.44mg (22.22%), Phosphorus: 206.68mg (20.67%), Vitamin B3: 3.81mg (19.03%), Vitamin C: 14.93mg (18.1%), Iron: 3.22mg (17.87%), Calcium: 170.09mg (17.01%), Vitamin A: 626.88IU (12.54%), Vitamin B6: 0.21mg (10.5%), Zinc: 1.57mg (10.44%), Fiber: 2.26g (9.02%), Magnesium: 34.1mg (8.52%), Copper: 0.16mg (7.78%), Potassium: 250.61mg (7.16%), Vitamin B5: 0.67mg (6.69%), Vitamin B12: 0.36µg (6.08%), Vitamin K: 6.25µg (5.96%), Vitamin E: 0.78mg (5.23%), Vitamin D: 0.5µg (3.32%)