



Tomato-Pesto Brunch Bake

 Gluten Free

READY IN



65 min.

SERVINGS



12

CALORIES



187 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 0.5 cup basil pesto refrigerated
- 4 eggs
- 0.8 cup milk
- 0.5 cup parmesan cheese grated
- 1 teaspoon salt
- 8 oz mozzarella cheese shredded
- 3 large tomatoes cut into thin slices
- 0.5 cup whipping cream

- 0.5 teaspoon pepper white
- 2.5 cups frangelico
- 2.5 cups frangelico

Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Heat oven to 350F. In medium bowl, stir Bisquick mix, Parmesan cheese and milk until soft dough forms. Press dough with fingers dipped in Bisquick mix into bottom and 1/2 inch up sides of ungreased 13x9-inch (3-quart) baking dish.
- Sprinkle 1 1/2 cups of the mozzarella cheese over crust.
- Layer tomatoes over the cheese, overlapping if necessary.
- Spread pesto over the tomatoes. In medium bowl, beat whipping cream, salt, pepper and eggs with whisk or fork until blended. Gently pour mixture over tomatoes.
- Sprinkle with remaining mozzarella cheese.
- Bake 35 to 40 minutes or until top is golden brown.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:8.58, Glycemic Load:0.85, Inflammation Score:-6, Nutrition Score:6.7586956697962%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg,

Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 186.51kcal (9.33%), Fat: 14.77g (22.72%), Saturated Fat: 6.83g (42.69%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 3.95g (1.44%), Sugar: 2.8g (3.11%), Cholesterol: 86.98mg (28.99%), Sodium: 513.4mg (22.32%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 8.96g (17.92%), Vitamin A: 1000.82IU (20.02%), Calcium: 187.32mg (18.73%), Phosphorus: 154.58mg (15.46%), Selenium: 9.76µg (13.95%), Vitamin B12: 0.72µg (11.93%), Vitamin B2: 0.18mg (10.78%), Vitamin C: 6.31mg (7.65%), Zinc: 1.09mg (7.24%), Potassium: 182.5mg (5.21%), Vitamin D: 0.72µg (4.77%), Vitamin K: 4.51µg (4.29%), Vitamin B6: 0.08mg (4.23%), Folate: 15.7µg (3.92%), Vitamin B5: 0.39mg (3.88%), Vitamin E: 0.56mg (3.7%), Magnesium: 14.61mg (3.65%), Manganese: 0.07mg (3.5%), Iron: 0.56mg (3.14%), Fiber: 0.73g (2.93%), Vitamin B1: 0.04mg (2.67%), Copper: 0.04mg (2.17%), Vitamin B3: 0.33mg (1.63%)