



## Turkey and Egg Brunch Bake

 Gluten Free

READY IN



600 min.

SERVINGS



12

CALORIES



247 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

## Ingredients

- ☐ 8 eggs
- ☐ 1.5 cups skim milk fat-free (skim)
- ☐ 1 clove garlic minced
- ☐ 0.5 cup spring onion sliced (8 medium)
- ☐ 1.3 lb pd of ground turkey lean
- ☐ 5 cups hash browns shredded frozen country-style (from 30-oz bag)
- ☐ 12 oz cheddar cheese shredded reduced-fat
- ☐ 9 oz mushrooms drained sliced

- ☐ 2.3 oz olives ripe drained sliced canned
- ☐ 2 cups plum tomatoes italian chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt

## Equipment

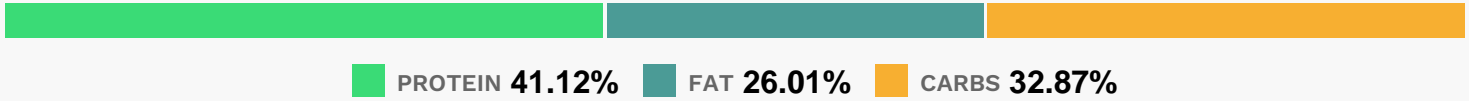
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

## Directions

- ☐ Spray 13x9-inch (3-quart) glass baking dish and 10-inch nonstick skillet with cooking spray. In skillet, cook ground turkey over medium-high heat, stirring frequently, until no longer pink.
- ☐ Remove turkey from skillet; drain on paper towels.
- ☐ In large bowl, mix potatoes, onions, mushrooms, olives, 1 tablespoon basil and 2 cups of the cheese. Stir in turkey; spoon evenly into baking dish.
- ☐ Sprinkle with remaining 1 cup cheese.
- ☐ In large bowl, beat eggs. Stir in milk and 1/2 teaspoon salt; pour over potato mixture in baking dish.
- ☐ Cut sheet of foil large enough to cover baking dish; spray with cooking spray. Cover baking dish with foil, sprayed side down. Refrigerate at least 8 hours or overnight.
- ☐ When ready to bake, heat oven to 350F.
- ☐ Bake covered 45 minutes. Uncover; bake 20 to 25 minutes longer or until center is set.
- ☐ Let stand 10 minutes before serving.
- ☐ Meanwhile, spray 8-inch nonstick skillet with cooking spray.

- ☐ Add garlic; cook and stir over medium heat 1 minute. Stir in tomatoes and 1/4 teaspoon salt; cook about 5 minutes, stirring occasionally, until tomatoes are tender. Stir in 2 tablespoons basil.
- ☐ To serve, cut egg bake into squares; serve with warm topping.

Nutrition Facts



Properties

Glycemic Index:16.35, Glycemic Load:5.57, Inflammation Score:-6, Nutrition Score:16.679565367491%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 247.26kcal (12.36%), Fat: 7.24g (11.13%), Saturated Fat: 2.67g (16.67%), Carbohydrates: 20.58g (6.86%), Net Carbohydrates: 18.38g (6.68%), Sugar: 3.39g (3.77%), Cholesterol: 141.98mg (47.33%), Sodium: 503.06mg (21.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.74g (51.48%), Phosphorus: 406.33mg (40.63%), Selenium: 26.52µg (37.88%), Vitamin B3: 7.15mg (35.77%), Vitamin B6: 0.62mg (31.12%), Vitamin B2: 0.4mg (23.27%), Calcium: 195.56mg (19.56%), Potassium: 674.93mg (19.28%), Vitamin C: 13.88mg (16.83%), Vitamin B5: 1.67mg (16.69%), Zinc: 2.25mg (14.98%), Vitamin B12: 0.83µg (13.78%), Vitamin A: 682.29IU (13.65%), Copper: 0.24mg (12.16%), Vitamin B1: 0.18mg (12.14%), Iron: 2.16mg (12%), Vitamin K: 12.08µg (11.5%), Magnesium: 42.79mg (10.7%), Manganese: 0.21mg (10.38%), Folate: 37.16µg (9.29%), Fiber: 2.2g (8.8%), Vitamin D: 1.18µg (7.89%), Vitamin E: 0.8mg (5.33%)