



Ultimate Breakfast Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



405 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 10.8 ounce cream of chicken soup canned
- 2 cups finely-chopped ham cubed cooked
- 3 eggs beaten
- 1 pinch pepper black
- 2 pound hash browns frozen thawed
- 1 onion chopped
- 0.8 cup cheddar cheese shredded

16 ounces cream sour

Equipment

bowl

oven

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

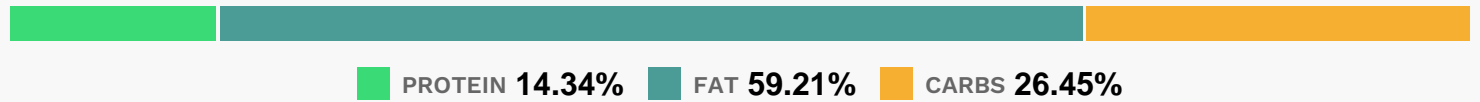
Season beaten eggs with pepper; pour into baking dish. In a large bowl, combine soup, sour cream, hash browns, ham, onion and cheese.

Mix thoroughly and pour over eggs.

Bake uncovered for 30 minutes.

Remove and drizzle butter over top of casserole. Return to oven and bake for an additional 15 minutes, until golden.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:7.27, Inflammation Score:-6, Nutrition Score:12.688260762588%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 404.84kcal (20.24%), Fat: 26.99g (41.53%), Saturated Fat: 13.24g (82.76%), Carbohydrates: 27.12g (9.04%), Net Carbohydrates: 25.3g (9.2%), Sugar: 2.82g (3.14%), Cholesterol: 144.35mg (48.12%), Sodium: 775.11mg (33.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.71g (29.42%), Phosphorus: 277.59mg (27.76%), Selenium: 16.96µg (24.23%), Vitamin C: 17.45mg (21.15%), Vitamin B1: 0.29mg (19.49%), Vitamin B2: 0.32mg (19.07%), Calcium: 164.69mg (16.47%), Vitamin A: 795.43IU (15.91%), Vitamin B3: 3.13mg (15.65%), Potassium: 544.98mg (15.57%), Vitamin B12: 0.79µg (13.14%), Vitamin B6: 0.25mg (12.32%), Vitamin B5: 1.2mg (11.98%), Zinc:

1.8mg (11.98%), Iron: 2.13mg (11.85%), Manganese: 0.24mg (11.8%), Copper: 0.22mg (11.22%), Magnesium: 31.98mg (7.99%), Fiber: 1.82g (7.3%), Vitamin E: 0.84mg (5.61%), Folate: 22.35µg (5.59%), Vitamin K: 3.29µg (3.13%), Vitamin D: 0.39µg (2.62%)