



## VELVEETA Breakfast Bake

READY IN



145 min.

SERVINGS



25

CALORIES



130 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 12 slices oscar mayer bacon crumbled cooked
- 8 oz mushrooms drained sliced canned
- 9 eggs
- 4 green onions sliced
- 3 cups milk
- 16 oz milk velveeta® 2%
- 12 slices bread white trimmed

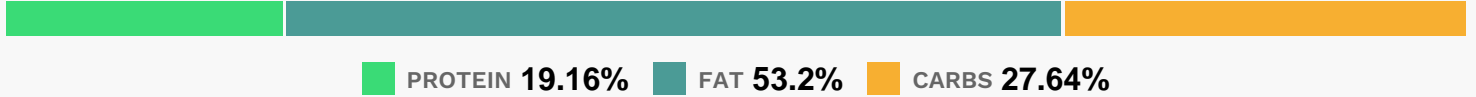
### Equipment

- bowl
- oven
- knife
- whisk
- baking pan

## Directions

- Place 6 of the bread slices on bottom of greased 13x9-inch baking dish; top with bacon, mushrooms, onions and VELVEETA Made With 2% Milk. Cover with remaining 6 bread slices.
- Beat eggs and milk with wire whisk in large bowl until well blended; pour over bread. Cover and refrigerate at least 1 hour or up to 24 hours.
- Preheat oven to 350F.
- Bake casserole, uncovered, 50 min. to 1 hour or until knife inserted in center comes out clean.
- Let stand 10 min. before serving.

## Nutrition Facts



## Properties

Glycemic Index:7.31, Glycemic Load:5.08, Inflammation Score:-2, Nutrition Score:5.6017390981964%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 130.42kcal (6.52%), Fat: 7.68g (11.81%), Saturated Fat: 2.88g (18.03%), Carbohydrates: 8.97g (2.99%), Net Carbohydrates: 8.43g (3.06%), Sugar: 3.24g (3.6%), Cholesterol: 71.59mg (23.86%), Sodium: 206.52mg (8.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.44%), Selenium: 11.05µg (15.79%), Phosphorus: 114.73mg (11.47%), Vitamin B2: 0.18mg (10.51%), Calcium: 95.43mg (9.54%), Vitamin B1: 0.13mg (8.78%), Vitamin B12: 0.45µg (7.5%), Vitamin B5: 0.62mg (6.18%), Vitamin B3: 1.21mg (6.06%), Vitamin D: 0.9µg (5.99%), Folate: 23.08µg (5.77%), Vitamin B6: 0.1mg (5.08%), Zinc: 0.7mg (4.68%), Iron: 0.82mg (4.58%), Manganese: 0.09mg (4.47%), Potassium: 144.95mg (4.14%), Vitamin K: 4.19µg (3.99%), Vitamin A: 185.53IU (3.71%), Magnesium: 13.84mg (3.46%), Copper: 0.05mg (2.71%), Fiber: 0.54g (2.17%), Vitamin E: 0.27mg (1.82%)