



## VELVEETA Vegetable Brunch Bake

 Vegetarian

READY IN



70 min.

SERVINGS



10

CALORIES



155 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 0.3 cup knudsen cream sour
- 12 eggs
- 0.5 lb mushrooms fresh sliced
- 1 small onion chopped
- 1 bell pepper green red chopped
- 8 slices bread white
- 12 oz velveetaâ thinly sliced
- 12 oz velveetaâ thinly sliced

## Equipment

- frying pan
- oven
- whisk
- baking pan

## Directions

- Heat oven to 350F.
- Cook and stir vegetables in medium skillet sprayed with cooking spray on medium heat 10 min. or until crisp-tender.
- Spread bread onto bottom of 13x9-inch baking dish sprayed with cooking spray; top with vegetables.
- Whisk eggs and sour cream until well blended; pour over vegetables. Top with VELVEETA.
- Bake 40 min. or until center is set and casserole is heated through.

## Nutrition Facts



## Properties

Glycemic Index:14.38, Glycemic Load:7.36, Inflammation Score:-3, Nutrition Score:9.7165217866068%

## Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

## Nutrients (% of daily need)

Calories: 154.85kcal (7.74%), Fat: 7.33g (11.28%), Saturated Fat: 2.61g (16.33%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 11.51g (4.19%), Sugar: 2.56g (2.84%), Cholesterol: 200.94mg (66.98%), Sodium: 174.52mg (7.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.61g (19.21%), Selenium: 23.28µg (33.25%), Vitamin B2: 0.4mg (23.45%), Phosphorus: 156.89mg (15.69%), Folate: 53.85µg (13.46%), Vitamin B5: 1.3mg (13.02%), Vitamin C: 10.63mg (12.89%), Vitamin B1: 0.15mg (10.16%), Iron: 1.77mg (9.83%), Vitamin B3: 1.88mg (9.41%), Vitamin B6: 0.17mg (8.5%), Manganese: 0.17mg (8.41%), Calcium: 82.99mg (8.3%), Vitamin B12: 0.5µg (8.25%), Vitamin A: 377.25IU

(7.55%), Copper: 0.15mg (7.35%), Vitamin D: 1.1µg (7.34%), Zinc: 1.03mg (6.85%), Potassium: 209.01mg (5.97%),  
Vitamin E: 0.68mg (4.5%), Magnesium: 16.43mg (4.11%), Fiber: 1.01g (4.03%), Vitamin K: 1.22µg (1.16%)