



Wake-Up Casserole - Canadian Bacon

 Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



319 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounce canadian bacon quartered
- ☐ 1.8 cups egg substitute southwestern style egg beaters® (such as)
- ☐ 0.5 teaspoon ground mustard
- ☐ 8 hash brown patties frozen
- ☐ 1 cup milk 2%
- ☐ 4 cups cheddar-monterey jack cheese blend shredded
- ☐ 0.5 teaspoon salt

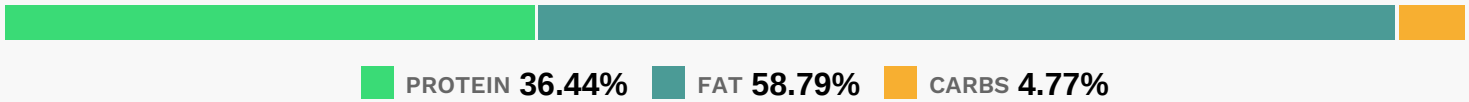
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Arrange hash brown patties in a single layer in the prepared baking dish; top with Canadian bacon.
- ☐ Sprinkle Cheddar-Monterey Jack cheese over Canadian bacon.
- ☐ Whisk egg substitute, milk, salt, and mustard together in a bowl; pour over cheese layer. Cover dish with aluminum foil.
- ☐ Bake in the preheated oven for 1 hour.
- ☐ Remove aluminum foil and bake until a knife inserted in the center comes out clean and edges are golden brown, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:15.874782603396%

Nutrients (% of daily need)

Calories: 318.91kcal (15.95%), Fat: 20.72g (31.88%), Saturated Fat: 12.11g (75.69%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 3.75g (1.36%), Sugar: 2.83g (3.15%), Cholesterol: 73.91mg (24.64%), Sodium: 987.34mg (42.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.9g (57.79%), Selenium: 41.51µg (59.3%), Calcium: 499.14mg (49.91%), Phosphorus: 420.64mg (42.06%), Vitamin B2: 0.55mg (32.42%), Vitamin B1: 0.4mg (26.95%), Zinc: 2.95mg (19.68%), Vitamin B12: 1.09µg (18.15%), Vitamin D: 2.37µg (15.8%), Vitamin B6: 0.29mg (14.64%), Vitamin B3: 2.83mg (14.13%), Vitamin B5: 1.32mg (13.21%), Vitamin A: 582.74IU (11.65%), Potassium: 348.98mg (9.97%), Iron: 1.76mg (9.8%), Magnesium: 34.18mg (8.55%), Vitamin E: 1.09mg (7.24%), Folate: 21.99µg (5.5%), Copper: 0.05mg (2.62%), Vitamin K: 1.58µg (1.51%), Manganese: 0.03mg (1.41%)