BROCCOLI-CHEDDAR BREAKFAST BAKE

Nutrition Facts
Serving Size (272g)
Servings Per Container

Amount Per Serving	
Calories 300	Calories from Fat 130

	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 7g	**35%**
Trans Fat 0g	
Cholesterol 210mg	**70%**
Sodium 570mg	**24%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 2g	**8%**
Sugars 6g	
Protein 20g	

Vitamin A 20%	•	Vitamin C 40%
Calcium 30%	•	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
  Fat 9 • Carbohydrate 4 • Protein 4

2 tsp. olive oil
1 large onion, diced (about 2 C.)
1-8 oz. whole wheat baguette (about 18" long), cut
   into 1" cubes
8 large eggs
8 large egg whites (or about 12 whole eggs)
2 C. low-fat 1% milk
1-10 oz. pkg. frozen chopped broccoli, thawed
1 1/2 C. shredded extra sharp Cheddar cheese
3/4 tsp. ground nutmeg
1/2 tsp. salt
1/2 tsp. freshly ground black pepper

Heat the oil in a nonstick skillet over medium-high heat. Add the onions and cook, stirring, until translucent and beginning to brown, about 4 minutes. Set aside to cool. Spray a 9x13" baking dish with cooking spray. Arrange the bread cubes in the dish. In a large bowl, beat the eggs, egg whites, and milk until incorporated. Add the onions, broccoli, cheese, nutmeg, salt and pepper and stir to incorporate. Pour the egg mixture over the bread, spreading it around so the liquid saturates the bread. Cover with plastic wrap and refrigerate for at least 8 hours or overnight. Preheat oven to 350° F. Remove the plastic wrap and bake until the top forms a light brown crust, 50 to 60 minutes. Serve hot.

NUTRITION FACTS: Serving size: 4X3 inch piece, 8 servings