

# Breakfast Casserole II

Walmart Ad

## Servings: 8

1 can (16.3 ounce) biscuits  
1 package (8 ounce) fully cooked  
bacon  
1 package (8 ounce) Kraft Velveeta  
shreds  
8 eggs  
1/4 cup sour cream  
salt and pepper  
chopped green onion (optional)  
pico de gallo (optional)

Preheat the oven to 350 degrees.

Lightly spray a 13x9-inch pan with cooking spray.

Cut the biscuits into four pieces and place at the bottom of the pan. Layer the bacon and cheese over the biscuits.

In a bowl, whisk together the eggs, sour cream, salt and pepper. Pour over the biscuits.

Bake for 30 to 40 minutes or until golden brown.

Garnish with chopped green onions and pico de gallo.

Allow to cool for 5 to 10 minutes before serving.

---

Per Serving (excluding unknown items): 113 Calories; 7g Fat (59.6% calories from fat); 7g Protein; 4g Carbohydrate; trace Dietary Fiber; 215mg Cholesterol; 142mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 1 Fat.

Breakfast

## Per Serving Nutritional Analysis

Calories (kcal):	113	Vitamin B6 (mg):	.1mg
% Calories from Fat:	59.6%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	15.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	25.4%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	7g	Folacin (mcg):	25mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0

<b>Cholesterol (mg):</b>	215mg
<b>Carbohydrate (g):</b>	4g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	7g
<b>Sodium (mg):</b>	142mg
<b>Potassium (mg):</b>	91mg
<b>Calcium (mg):</b>	48mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	trace
<b>Vitamin A (i.u.):</b>	307IU
<b>Vitamin A (r.e.):</b>	90 1/2RE

**% Daily Value\*** 0 0%

### Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	1
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 113 Calories from Fat: 68

### % Daily Values\*

<b>Total Fat</b> 7g	11%
Saturated Fat 3g	13%
<b>Cholesterol</b> 215mg	72%
<b>Sodium</b> 142mg	6%
<b>Total Carbohydrates</b> 4g	1%
Dietary Fiber trace	1%
<b>Protein</b> 7g	
<b>Vitamin A</b>	6%
<b>Vitamin C</b>	0%
<b>Calcium</b>	5%
<b>Iron</b>	6%

\* Percent Daily Values are based on a 2000 calorie diet.