

# Italian Egg Bake

Yield: 6 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/pillsbury-italian-egg-bake-recipe>

## Ingredients:

- 1 tablespoon olive oil plus more for greasing dish
- 1/2 red onion medium, thinly sliced
- 1 small eggplant chopped
- 8 ounces mushrooms sliced
- 2 cloves garlic minced
- 12 large eggs
- 2 cups half and half
- 1 teaspoon Italian seasoning
- 2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 cups cherry tomatoes halved
- 1 1/2 cups mozzarella cheese grated and divided
- 1/2 cup Parmesan cheese grated and divided

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 480 milligrams
4. Fat: 30 grams
5. Fiber: 1 grams
6. Protein: 26 grams
7. SaturatedFat: 14 grams
8. Sodium: 1290 milligrams
9. Sugar: 4 grams

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