

Scrambled Egg Casserole

Yield: 6 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-scrambled-egg-casserole-recipe>

Ingredients:

- 1/2 cup butter
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups milk
- 1 cup cheddar cheese shredded
- 1 cup ham cooked and cut into cubes
- 1/4 cup green onions sliced
- 1/2 cup mushrooms sliced
- 12 eggs beaten
- 3/4 cup breadcrumbs

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 515 milligrams
4. Fat: 37 grams
5. Fiber: 1 grams
6. Protein: 30 grams
7. SaturatedFat: 19 grams
8. Sodium: 1210 milligrams
9. Sugar: 7 grams

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