

# Slow Cooker Breakfast Casserole with Ham, Cheese, and Spinach

Prep Time: 10 Min Cook Time: 4 Hours Total Time: 4 Hours, 10 Min



SERVINGS: 6

## Nutritional Facts

Serving Size: 1 piece

### Amount Per Serving

Calories 220      Calories from Fat 77

% Daily Value\*

<b>Total Fat</b> 9g	13%
Saturated Fat 3g	16%
<b>Monounsaturated Fat</b> 0g	0%
<b>Polyunsaturated Fat</b> 0g	0%
<b>Cholesterol</b> 201mg	67%
<b>Sodium</b> 750mg	33%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 2g	10%
Sugars 2g	

### Protein 22g

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

The Nutritional Values provided are estimates only and may vary based on the preparation method.

## Ingredients

10 oz hash brown potatoes (refrigerated or defrosted frozen)

1 green pepper, diced

1/4 cup onions, diced

4 oz boneless lean ham, chopped

10 oz frozen spinach, defrosted and drained

1 cup reduced fat shredded cheddar cheese

6 eggs

6 eggs whites

1/4 cup skim milk

1/2 tsp salt

1/4 tsp pepper

## Directions

- 1 Spray the crockpot with nonstick cooking spray.
- 2 Mix the hashbrowns with the onions and peppers. Press into the bottom of the crockpot and season with salt and pepper.
- 3 Mix together the spinach and ham in a bowl. Layer half in the crockpot and top with 1/2 cup cheese. Layer the additional veggies on top and add remaining cheese.
- 4 Whisk together the eggs, egg whites, milk, salt, and pepper.
- 5 Pour the eggs over top.
- 6 Cook on high for 4 hours or low for 6-8 hours until cooked through.

## Notes

