

# BLT and Chips Casserole

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## Servings: 6

10 eggs  
3/4 cup whole milk  
1 teaspoon Kosher salt  
1/4 teaspoon cayenne pepper  
3 cups (3 ounces) kettle-cooked potato chips  
3 cups fresh arugula, shredded  
1 1/2 cups sharp Cheddar cheese, shredded  
1 1/2 cups cherry tomatoes, halved  
10 strips bacon, coarsely chopped and crisp-cooked  
1/4 cup fresh basil, chopped  
shredded arugula (for garnish)  
cherry tomatoes (for garnish)

## Preparation Time: 20 minutes

### Bake: 50 minutes

Preheat the oven to 350 degrees.

Lightly grease a two-quart baking dish. Set aside.

In a large mixing bowl, whisk together the eggs and milk. Add the salt and cayenne. Gently fold in the potato chips until completely covered by the egg mixture. Stir in the shredded arugula, cheddar cheese, cherry tomatoes, bacon and basil. Transfer to the prepared baking dish.

Bake for 50 minutes or until golden brown and a knife inserted near the center comes out clean. Let stand for 10 to 15 minutes.

Top with arugula and cherry tomatoes before serving.

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Per Serving (excluding unknown items): 326 Calories; 24g Fat (67.1% calories from fat); 22g Protein; 4g Carbohydrate; trace Dietary Fiber; 396mg Cholesterol; 793mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 Fat.

Pork

## Per Serving Nutritional Analysis

Calories (kcal):	326	Vitamin B6 (mg):	.2mg
% Calories from Fat:	67.1%	Vitamin B12 (mcg):	1.6mcg
% Calories from Carbohydrates:	5.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	27.5%	Riboflavin B2 (mg):	.6mg

**Total Fat (g):** 24g  
**Saturated Fat (g):** 11g  
**Monounsaturated Fat (g):** 9g  
**Polyunsaturated Fat (g):** 2g  
**Cholesterol (mg):** 396mg  
**Carbohydrate (g):** 4g  
**Dietary Fiber (g):** trace  
**Protein (g):** 22g  
**Sodium (mg):** 793mg  
**Potassium (mg):** 331mg  
**Calcium (mg):** 290mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 11mg  
**Vitamin A (i.u.):** 1080IU  
**Vitamin A (r.e.):** 251 1/2RE

**Folacin (mcg):** 54mcg  
**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 00%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 3  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 3  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 326 **Calories from Fat:** 219

### % Daily Values\*

<b>Total Fat</b>	24g	37%
Saturated Fat	11g	55%
<b>Cholesterol</b>	396mg	132%
<b>Sodium</b>	793mg	33%
<b>Total Carbohydrates</b>	4g	1%
Dietary Fiber	trace	2%
<b>Protein</b>	22g	
<b>Vitamin A</b>		22%
<b>Vitamin C</b>		19%
<b>Calcium</b>		29%
<b>Iron</b>		12%

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