

# 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\*

**Total Fat** 9g      13%

Saturated Fat 3g      16%

**Monounsaturated Fat** 0g      0%

**Polyunsaturated Fat** 0g      0%

**Cholesterol** 201mg      67%

Sodium 750mg      33%

**Total Carbohydrate** 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.

**3** WeightWatchers® Points

Points are calculated by Slender Kitchen. Not endorsed by WW International Inc.

## 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. Mix the hashbrowns with the onions and peppers. Press into the bottom of the crockpot and season with salt and pepper.
- 2 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.
- 3 Whisk together the eggs, egg whites, milk, salt, and pepper.
- 4 Layer in slow cooker. The hashbrown, onion and pepper mixture first, then the ham and spinach. Pour the eggs and cheese over top.
- 5 Cook on high for 4 hours or low for 6-8 hours until cooked through.

## Notes

