



Apple-Sausage-Cheddar Breakfast Bake

 Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



360 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 24 oz diestel breakfast sausage johnsonville®
- 21 oz peach pie filling with more fruit canned
- 2 cups apples peeled chopped
- 8 oz sharp cheddar cheese shredded
- 1.5 cups milk
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 6 eggs

1.5 cups frangelico

Equipment

bowl

frying pan

oven

knife

whisk

baking pan

glass baking pan

Directions

Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.

In 12-inch skillet, cook sausage over medium-high heat 5 to 7 minutes, breaking up with spoon, until no longer pink; drain. Stir in pie filling and apples.

Spread mixture evenly in baking dish. Top with 1 cup of the cheese.

In large bowl, stir Bisquick mix, milk, salt, pepper and eggs with wire whisk or fork until blended.

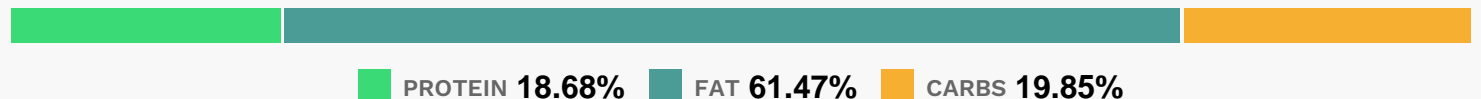
Pour evenly over cheese.

Bake 30 to 37 minutes or until knife inserted in center comes out clean. Top with remaining 1 cup cheese.

Bake 3 to 5 minutes longer or until cheese is melted.

Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:13.08, Glycemic Load:1.43, Inflammation Score:-3, Nutrition Score:9.7286956828573%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 359.73kcal (17.99%), Fat: 24.62g (37.88%), Saturated Fat: 9.88g (61.74%), Carbohydrates: 17.88g (5.96%), Net Carbohydrates: 16.88g (6.14%), Sugar: 10.62g (11.8%), Cholesterol: 145.22mg (48.41%), Sodium: 599.02mg (26.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.84g (33.68%), Phosphorus: 243.27mg (24.33%), Calcium: 191.92mg (19.19%), Selenium: 12.83µg (18.33%), Vitamin B2: 0.31mg (18%), Vitamin B12: 1.04µg (17.38%), Zinc: 2.36mg (15.74%), Vitamin B3: 2.76mg (13.81%), Vitamin B1: 0.2mg (13.12%), Vitamin B6: 0.26mg (12.95%), Vitamin D: 1.63µg (10.84%), Vitamin B5: 0.94mg (9.43%), Vitamin A: 423.38IU (8.47%), Potassium: 276.18mg (7.89%), Iron: 1.22mg (6.76%), Magnesium: 21.41mg (5.35%), Copper: 0.09mg (4.65%), Fiber: 1g (4.01%), Folate: 15.5µg (3.88%), Vitamin E: 0.55mg (3.69%), Vitamin C: 2.2mg (2.66%), Manganese: 0.04mg (1.78%), Vitamin K: 1.58µg (1.5%)