



Apple-Sausage-Cheddar Breakfast Bake

 Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



360 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

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

- 1.5 cups frangelico
- 1.5 cups frangelico

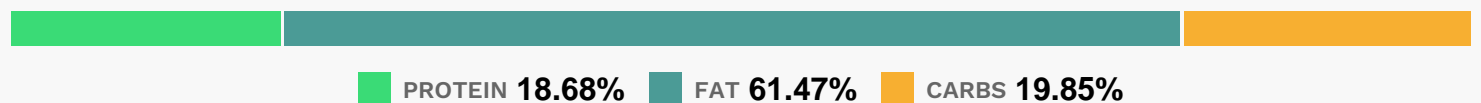
Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- baking pan
- glass baking pan

Directions

- Heat oven to 375F. 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%)