



## Bison Sausage, Apple and Sage Strata

 Gluten Free

READY IN



82 min.

SERVINGS



8

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 1 pound bison breakfast sausage
- 8 eggs
- 12 ounce firm-textured french italian cut into 1-inch cubes
- 1 tablespoon sage leaves fresh chopped
- 2 cups milk
- 1 medium onion chopped
- 1 cup provolone cheese shredded

- 2 tart cooking apples cored chopped

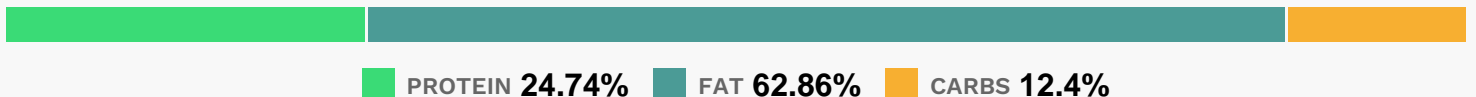
## Equipment

- bowl
- oven
- knife
- whisk
- baking pan

## Directions

- Preheat oven to 350 degrees F. Coat a 3-quart rectangular baking dish with cooking spray; set aside. Cook bison sausage and onion over medium heat in an extra-large skillet until bison sausage is brown.
- Add apple and cook for 5 more minutes.
- Drain off fat.
- Whisk eggs, milk, sage, and pepper in a large bowl.
- Place bread cubes in prepared baking dish. Top with bison sausage mixture and the cheese. Gently mix to evenly distribute ingredients.
- Pour egg mixture over bread mixture.
- Bake, uncovered, for 40 to 45 minutes or until a knife inserted near the center comes out clean.
- Let stand for 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:24.88, Glycemic Load:3.22, Inflammation Score:-4, Nutrition Score:17.440434704656%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

## Nutrients (% of daily need)

Calories: 395.93kcal (19.8%), Fat: 27.57g (42.42%), Saturated Fat: 10.57g (66.09%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 10.49g (3.82%), Sugar: 8.63g (9.59%), Cholesterol: 223.21mg (74.4%), Sodium: 568.98mg (24.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.42g (48.83%), Copper: 2.37mg (118.3%), Phosphorus: 316.48mg (31.65%), Calcium: 293.75mg (29.38%), Vitamin B2: 0.42mg (24.94%), Selenium: 17.13µg (24.47%), Vitamin B12: 1.44µg (24.06%), Zinc: 2.64mg (17.58%), Vitamin B6: 0.33mg (16.64%), Vitamin D: 2.37µg (15.8%), Vitamin B1: 0.23mg (15.14%), Vitamin B3: 2.85mg (14.24%), Vitamin B5: 1.41mg (14.07%), Iron: 2.17mg (12.05%), Potassium: 388.39mg (11.1%), Vitamin A: 549.33IU (10.99%), Magnesium: 30.19mg (7.55%), Fiber: 1.74g (6.94%), Manganese: 0.14mg (6.78%), Folate: 26.89µg (6.72%), Vitamin E: 0.72mg (4.82%), Vitamin C: 3.51mg (4.25%), Vitamin K: 2.06µg (1.96%)