



Breakfast Bake

READY IN



145 min.

SERVINGS



6

CALORIES



1022 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 6 servings butter for greasing pan
- ☐ 6 large eggs
- ☐ 1.5 tablespoons chives fresh plus more for garnish sliced
- ☐ 8 ounces gruyère cheese grated
- ☐ 1 cup heavy cream
- ☐ 1 pound turkey sausage italian hot
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion finely chopped

- ☐ 1 medium bell pepper red seeded finely chopped
- ☐ 1 pound rustic french italian 1-inch-thick cut into cubes
- ☐ 2 cups milk whole

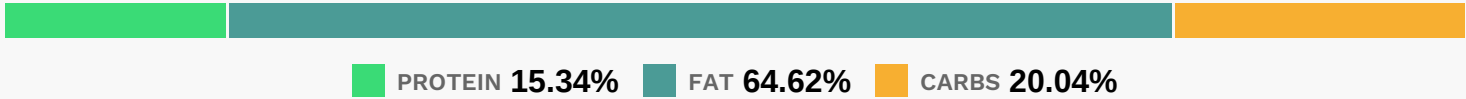
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Butter a 4-quart baking dish.
- ☐ In a large skillet, heat the oil over medium heat. Once hot, add the sausage, onions and bell peppers. Cook, while stirring, until the sausage is cooked through and crumbly and the onions and peppers are soft, about 6 minutes.
- ☐ Add the bread to the prepared baking dish. Stir in the sausage and pepper mixture and the cheese, reserving a bit of cheese for the top.
- ☐ In a medium bowl, whisk together the eggs, milk, cream, chives and some salt and pepper.
- ☐ Pour the mixture evenly over the bread and give a little stir to make sure it's evenly distributed.
- ☐ Sprinkle with the reserved cheese. Cover with plastic wrap and let soak for 30 minutes.
- ☐ Remove the casserole from the refrigerator and let come to room temperature for 30 minutes. Meanwhile, preheat the oven to 350 degrees F.
- ☐ Bake until the top is puffed and golden and a knife inserted in the middle comes out clean, about 1 hour.
- ☐ Garnish with more chopped chives before serving.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:2.09, Inflammation Score:-9, Nutrition Score:29.046956559886%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 1022.01kcal (51.1%), Fat: 73.66g (113.33%), Saturated Fat: 39.35g (245.91%), Carbohydrates: 51.41g (17.14%), Net Carbohydrates: 47.31g (17.2%), Sugar: 32.8g (36.44%), Cholesterol: 332.98mg (110.99%), Sodium: 1398.3mg (60.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.33g (78.67%), Phosphorus: 612.93mg (61.29%), Vitamin C: 50.4mg (61.09%), Selenium: 40.52µg (57.89%), Calcium: 559.83mg (55.98%), Iron: 9.98mg (55.46%), Vitamin A: 2231.55IU (44.63%), Vitamin B2: 0.74mg (43.77%), Vitamin B3: 6.59mg (32.96%), Vitamin B12: 1.89µg (31.43%), Zinc: 4.4mg (29.33%), Vitamin B6: 0.55mg (27.42%), Folate: 96.1µg (24.03%), Vitamin B5: 2.08mg (20.81%), Potassium: 645.67mg (18.45%), Vitamin B1: 0.28mg (18.38%), Vitamin D: 2.76µg (18.37%), Magnesium: 68.7mg (17.17%), Fiber: 4.1g (16.39%), Vitamin E: 1.81mg (12.05%), Copper: 0.15mg (7.51%), Vitamin K: 7.24µg (6.9%), Manganese: 0.14mg (6.77%)