



Breakfast Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



370 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 2 cups processed cheese food cubed
- 12 ounces mild bulk sausage
- 12 ounces bulk sausage hot
- 10 eggs lightly beaten
- 1 bell pepper green chopped
- 16 ounces mushrooms sliced
- 1 large onion chopped
- 1 bell pepper red chopped

1 cup cup heavy whipping cream sour

1 zucchini chopped

Equipment

oven

baking pan

Directions

Preheat the oven to 350 degrees F.

Cook sausage.

Drain grease and set aside to cool slightly.

In a large, deep baking dish, add sausage, eggs, sour cream, onion, peppers, zucchini, mushrooms, and cheese and stir to mix.

Bake for 30 minutes or until golden color.

Nutrition Facts

 **PROTEIN 21.07%** **FAT 72.49%** **CARBS 6.44%**

Properties

Glycemic Index:16.58, Glycemic Load:0.97, Inflammation Score:-6, Nutrition Score:16.06217385375%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 369.97kcal (18.5%), Fat: 29.91g (46.01%), Saturated Fat: 12.33g (77.08%), Carbohydrates: 5.98g (1.99%), Net Carbohydrates: 4.85g (1.76%), Sugar: 3.66g (4.06%), Cholesterol: 211.87mg (70.62%), Sodium: 812.91mg (35.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.56g (39.12%), Phosphorus: 360.18mg (36.02%), Vitamin C: 25.88mg (31.37%), Vitamin B2: 0.51mg (29.73%), Calcium: 297.14mg (29.71%), Selenium: 20.3µg (29%), Vitamin B3: 4.33mg (21.64%), Vitamin B12: 1.21µg (20.23%), Vitamin B6: 0.39mg (19.41%), Vitamin A: 960.53IU (19.21%), Zinc: 2.66mg (17.7%), Vitamin B5: 1.76mg (17.57%), Vitamin B1: 0.23mg (15.51%), Potassium: 465.33mg (13.3%), Vitamin D: 1.69µg (11.24%), Copper: 0.22mg (11%), Iron: 1.78mg (9.91%), Folate: 39.09µg (9.77%), Magnesium:

30.09mg (7.52%), Vitamin E: 0.97mg (6.48%), Manganese: 0.11mg (5.54%), Fiber: 1.13g (4.52%), Vitamin K: 3.2μg (3.05%)