



## Breakfast Casserole

READY IN



80 min.

SERVINGS



10

CALORIES



359 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

## Ingredients

- 8 ounce triple cheddar cheese shredded
- 1 teaspoon mustard dry
- 8 large eggs
- 1 pound ground maple pork sausage
- 0.5 teaspoon seasoned pepper
- 0.3 teaspoon salt
- 6 slices bread white hearty soft
- 2 cups milk whole

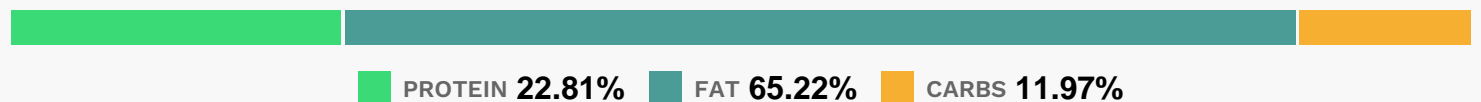
## Equipment

- bowl
- frying pan
- paper towels
- oven
- whisk
- baking pan

## Directions

- Preheat the oven to 350 degrees F. Spray a 13- by 9-inch baking dish with nonstick cooking spray.
- In a large skillet, cook the sausage over medium heat, stirring frequently, until browned and crumbly, about 10 minutes; drain well on paper towels.
- Cut and discard the crusts from the bread.
- Cut the slices in half, and arrange in a single layer in the prepared baking dish, cutting pieces to fit as necessary to cover the bottom of the dish.
- Sprinkle with the sausage and cheese.
- In a large bowl, whisk together the eggs, milk, mustard, seasoned salt and pepper; carefully pour the mixture over the cheese.
- Bake casserole until set and golden, about 40 minutes.
- Let stand for 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:19.98, Glycemic Load:6.29, Inflammation Score:-4, Nutrition Score:12.77391316191%

## Nutrients (% of daily need)

Calories: 358.67kcal (17.93%), Fat: 25.72g (39.58%), Saturated Fat: 10.63g (66.45%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 10.23g (3.72%), Sugar: 3.39g (3.76%), Cholesterol: 209.99mg (70%), Sodium: 641.89mg (27.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.25g (40.49%), Selenium: 23.53µg (33.61%), Phosphorus: 312.36mg (31.24%), Calcium: 279.51mg (27.95%), Vitamin B2: 0.44mg (26.01%), Vitamin B12: 1.25µg (20.76%), Zinc: 2.68mg (17.85%), Vitamin B1: 0.25mg (16.83%), Vitamin B3: 2.95mg (14.75%), Vitamin D: 2.06µg (13.75%), Vitamin B6: 0.27mg (13.36%), Vitamin B5: 1.28mg (12.77%), Vitamin A: 557.08IU (11.14%), Folate: 41.01µg (10.25%), Iron: 1.77mg (9.85%), Potassium: 278.72mg (7.96%), Magnesium: 28.09mg (7.02%), Manganese: 0.12mg (6.21%), Vitamin E: 0.74mg (4.97%), Copper: 0.09mg (4.4%), Fiber: 0.39g (1.58%), Vitamin K: 1.2µg (1.14%)