



Breakfast Casserole

READY IN



535 min.

SERVINGS



6

CALORIES



268 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 1.8 cups percent milk
- ☐ 0.5 baguette whole wheat cut into 3/4-inch cubes (4 cups)
- ☐ 6 large eggs and egg whites
- ☐ 9 ounce pkt spinach frozen thawed drained chopped
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup parmesan grated
- ☐ 8 ounces turkey sausage links sweet crumbled
- ☐ 2 scallions sliced
- ☐ 0.8 cup cheddar shredded

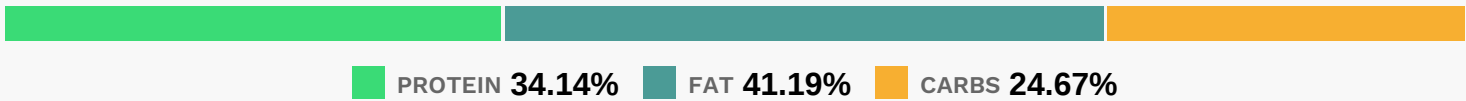
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add the turkey and scallions and cook, stirring to break up any large chunks, until browned and cooked through, about 10 minutes.
- ☐ Remove from heat and let cool slightly.
- ☐ Whisk the eggs, egg whites, milk and 1/2 teaspoon each salt and pepper in a large bowl until combined.
- ☐ Add the cooked sausage, spinach, cheeses and bread and toss to distribute ingredients evenly.
- ☐ Spray a 3-quart casserole dish with cooking spray.
- ☐ Spread the egg mixture evenly in the dish. Cover and refrigerate for at least 6 hours or preferably overnight.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Bake the casserole, uncovered, until set and lightly browned on top, about 30 minutes.
- ☐ Make-Ahead Tip: Freeze the baked casserole for up to 2 weeks. Cover with foil and reheat at 350 degrees F until hot, 35 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:31.63, Glycemic Load:7.11, Inflammation Score:-10, Nutrition Score:23.535652215066%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 268.28kcal (13.41%), Fat: 12.25g (18.85%), Saturated Fat: 5.82g (36.38%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 14.7g (5.35%), Sugar: 5.18g (5.75%), Cholesterol: 53.65mg (17.88%), Sodium: 698.04mg (30.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.85g (45.69%), Vitamin K: 167.88µg (159.88%), Vitamin A: 5332IU (106.64%), Calcium: 370.68mg (37.07%), Vitamin B2: 0.62mg (36.24%), Phosphorus: 299.97mg (30%), Selenium: 20.36µg (29.08%), Folate: 96.73µg (24.18%), Manganese: 0.44mg (21.97%), Vitamin B12: 1.14µg (18.93%), Zinc: 2.66mg (17.76%), Magnesium: 64.14mg (16.04%), Vitamin B6: 0.31mg (15.28%), Vitamin B3: 3.05mg (15.25%), Vitamin B1: 0.23mg (15.21%), Potassium: 453.07mg (12.94%), Iron: 2.16mg (12.03%), Vitamin E: 1.51mg (10.07%), Vitamin B5: 0.91mg (9.13%), Fiber: 1.8g (7.2%), Copper: 0.14mg (7.13%), Vitamin C: 4.1mg (4.97%)