



## Breakfast Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



471 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

## Ingredients

- ☐ 1 teaspoon mustard dry
- ☐ 6 large eggs
- ☐ 1 pound sausage meat
- ☐ 2 cups milk
- ☐ 1 teaspoon salt
- ☐ 8 ounce sharp cheddar cheese shredded
- ☐ 6 cups sandwich bread white cubed
- ☐ 0.3 teaspoon worcestershire sauce

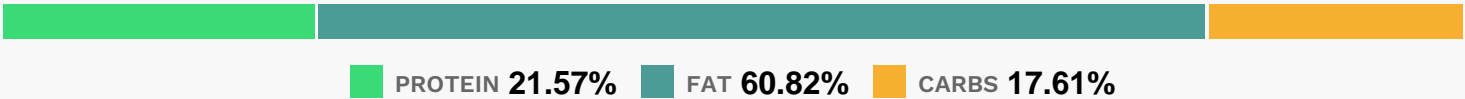
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

## Directions

- ☐ Cook sausage in a skillet over medium heat, stirring until it crumbles and is no longer pink; drain well.
- ☐ Place bread cubes in a lightly greased 13- x 9-inch baking dish; sprinkle evenly with cheese, and top with sausage.
- ☐ Whisk together eggs and next 4 ingredients; pour evenly over sausage. Cover and chill 8 hours.
- ☐ Let stand at room temperature 30 minutes.
- ☐ Bake at 350 for 45 minutes or until set.
- ☐ \*2 cups cubed cooked ham may be substituted for sausage.
- ☐ NOTE: Casserole may be baked after chilling 1 hour. Omit standing time, and bake as directed.

## Nutrition Facts



## Properties

Glycemic Index:20.97, Glycemic Load:13.11, Inflammation Score:-5, Nutrition Score:16.434782712356%

## Nutrients (% of daily need)

Calories: 470.8kcal (23.54%), Fat: 31.5g (48.46%), Saturated Fat: 13.02g (81.38%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 19.71g (7.17%), Sugar: 5g (5.56%), Cholesterol: 215.99mg (72%), Sodium: 1076.58mg (46.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.14g (50.27%), Selenium: 29.05µg (41.49%), Phosphorus: 382.56mg (38.26%), Calcium: 373.82mg (37.38%), Vitamin B2: 0.53mg (31.27%), Vitamin B1: 0.39mg (25.77%), Vitamin B12: 1.45µg (24.09%), Zinc: 3.32mg (22.12%), Vitamin B3: 4.39mg (21.97%), Vitamin B6: 0.33mg (16.3%), Vitamin D: 2.33µg (15.52%), Folate: 62.03µg (15.51%), Vitamin B5: 1.48mg (14.83%), Iron: 2.5mg (13.89%), Vitamin A:

628.47IU (12.57%), Manganese: 0.23mg (11.26%), Potassium: 348.59mg (9.96%), Magnesium: 37.48mg (9.37%),  
Copper: 0.12mg (5.92%), Vitamin E: 0.83mg (5.54%), Fiber: 0.81g (3.23%), Vitamin K: 1.29µg (1.22%)