



Breakfast Casserole III

 Gluten Free

READY IN



95 min.

SERVINGS



8

CALORIES



481 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 6 baking potatoes
- 2 tablespoons butter
- 12 eggs lightly beaten
- 1 pound sausage meat
- 1 onion sliced
- 8 servings salt and pepper to taste
- 2 teaspoons lawry's seasoned salt
- 1 cup cheddar cheese shredded

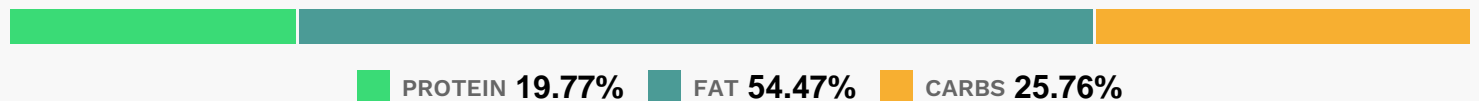
Equipment

- baking sheet
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.
- Prick potatoes with a fork, place on a medium baking sheet, and bake 30 minutes, or until tender but firm.
- Remove from heat, cool, peel, and cube.
- Cook and stir sausage in a medium saucepan over medium heat until evenly browned; drain.
- Melt butter in a large saucepan over medium heat. Stir potatoes and onion into saucepan, and cook until potatoes are browned and onion is tender, about 10 minutes.
- Sprinkle with seasoning salt.
- Place potato mixture in the prepared baking dish. Cover with sausage.
- Sprinkle with cheese, top with eggs, and season with salt and pepper.
- Bake 30 minutes in the preheated oven, or until eggs are fully cooked.

Nutrition Facts



Properties

Glycemic Index:27.09, Glycemic Load:23.08, Inflammation Score:-5, Nutrition Score:18.515217449354%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 481.17kcal (24.06%), Fat: 29.1g (44.77%), Saturated Fat: 11.61g (72.57%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 28.66g (10.42%), Sugar: 1.87g (2.07%), Cholesterol: 307.99mg (102.66%), Sodium: 1352.91mg (58.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.76g (47.53%), Vitamin B6: 0.86mg (43.16%), Phosphorus: 364.61mg (36.46%), Selenium: 25µg (35.72%), Vitamin B2: 0.49mg (28.86%), Potassium: 929.8mg (26.57%), Vitamin B3: 4.39mg (21.97%), Vitamin B1: 0.32mg (21.59%), Zinc: 3.09mg (20.61%), Vitamin B12: 1.23µg (20.42%), Vitamin B5: 1.95mg (19.52%), Iron: 3.22mg (17.87%), Calcium: 167.18mg (16.72%), Folate: 59.64µg (14.91%), Manganese: 0.29mg (14.66%), Magnesium: 57.88mg (14.47%), Vitamin D: 2.14µg (14.28%), Copper: 0.26mg (13.01%), Vitamin C: 10.52mg (12.75%), Vitamin A: 629.79IU (12.6%), Fiber: 2.31g (9.24%), Vitamin E: 1.01mg (6.71%), Vitamin K: 3.94µg (3.75%)