



Breakfast Sausage Casserole

READY IN



550 min.

SERVINGS



12

CALORIES



408 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 loaf loaf bread white sliced
- 1 pound bulk pork sausage fresh with sage
- 12 servings butter for greasing
- 1 teaspoon mustard dry
- 5 large eggs lightly beaten
- 2 cups half-and-half
- 1 teaspoon salt
- 10 ounces sharp cheddar grated

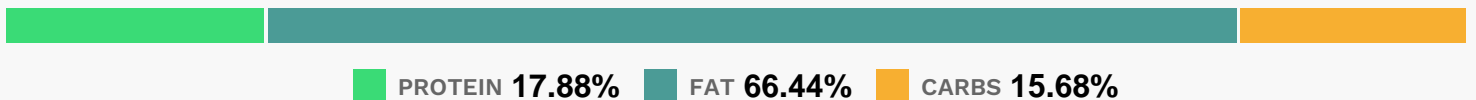
Equipment

- frying pan
- oven
- casserole dish
- aluminum foil
- slotted spoon

Directions

- Watch how to make this recipe.
- Cut the bread into 1-inch cubes and spread in the bottom of a greased 9- by 13- by 2- inch casserole dish.
- In a medium skillet, brown the sausage over medium heat until fully cooked and no longer pink.
- Remove the sausage with a slotted spoon to drain the fat.
- Spread the cooked sausage over the bread and top with the cheese. Then stir together the, half-and-half, dry mustard, salt and eggs.
- Pour this mixture over the cheese. Cover the casserole with aluminum foil and refrigerate for 8 hours or overnight.
- The next day, preheat the oven to 350 degrees F.
- Bake the covered casserole until set and slightly golden, about 50 minutes.
- Remove from the oven and allow the casserole to set for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:13.64, Glycemic Load:7.39, Inflammation Score:-5, Nutrition Score:12.439999956152%

Nutrients (% of daily need)

Calories: 408.26kcal (20.41%), Fat: 30.08g (46.28%), Saturated Fat: 14.12g (88.24%), Carbohydrates: 15.97g (5.32%), Net Carbohydrates: 14.82g (5.39%), Sugar: 3.46g (3.84%), Cholesterol: 153.21mg (51.07%), Sodium: 809.07mg (35.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.21g (36.43%), Selenium: 22.93µg (32.76%), Phosphorus: 277.93mg (27.79%), Calcium: 262.43mg (26.24%), Vitamin B2: 0.4mg (23.37%), Manganese: 0.35mg (17.64%), Vitamin B3: 3.44mg (17.22%), Vitamin B1: 0.25mg (16.62%), Zinc: 2.42mg (16.15%), Vitamin B12: 0.84µg (14.04%), Vitamin A: 645.92IU (12.92%), Vitamin B6: 0.22mg (10.99%), Iron: 1.88mg (10.45%), Vitamin B5: 1.03mg (10.26%), Folate: 40.84µg (10.21%), Magnesium: 30.54mg (7.64%), Vitamin D: 1.05µg (7%), Potassium: 236.34mg (6.75%), Vitamin E: 0.75mg (4.98%), Copper: 0.09mg (4.73%), Fiber: 1.15g (4.61%), Vitamin K: 3.05µg (2.91%)