



Breakfast Sausage Casserole

READY IN



600 min.

SERVINGS



6

CALORIES



747 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 slices bread cubed
- ☐ 1 pound diestel breakfast sausage
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 6 eggs
- ☐ 0.5 cup milk
- ☐ 0.8 teaspoon ground mustard dry
- ☐ 0.5 teaspoon salt
- ☐ 4 cups cheddar cheese shredded

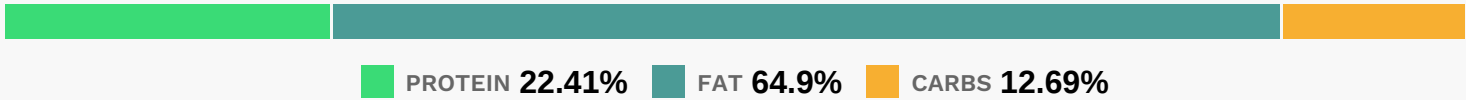
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Heat a large skillet over medium-high heat; cook and stir the sausage in the hot skillet until crumbly, evenly browned, and no longer pink.
- ☐ Drain and discard any excess grease. Grease a 9x13 inch baking dish.
- ☐ Spread the bread cubes into the prepared dish; sprinkle the browned sausage and Cheddar cheese overtop.
- ☐ Beat the eggs in a mixing bowl until smooth; add the salt, mustard powder, and 2 cups of milk and whisk until evenly blended.
- ☐ Pour the egg mixture over the bread cubes. Cover and refrigerate overnight.
- ☐ Preheat an oven to 300 degrees F (150 degrees C).
- ☐ Whisk together the cream of mushroom soup and 1/2 cup milk; pour over the casserole.
- ☐ Bake in the preheated oven until firm and golden brown, about 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:25.28, Glycemic Load:10.38, Inflammation Score:-7, Nutrition Score:25.240869864174%

Nutrients (% of daily need)

Calories: 746.85kcal (37.34%), Fat: 53.51g (82.32%), Saturated Fat: 23.74g (148.4%), Carbohydrates: 23.55g (7.85%), Net Carbohydrates: 21.92g (7.97%), Sugar: 3.55g (3.94%), Cholesterol: 298.42mg (99.47%), Sodium: 1774.23mg (77.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.57g (83.14%), Selenium: 46.49µg

(66.41%), Calcium: 638.54mg (63.85%), Phosphorus: 619.7mg (61.97%), Vitamin B2: 0.78mg (45.81%), Zinc: 6.02mg (40.13%), Vitamin B12: 2.02µg (33.73%), Manganese: 0.63mg (31.42%), Vitamin B3: 6.2mg (31.02%), Vitamin B1: 0.42mg (28.29%), Vitamin A: 1082.9IU (21.66%), Vitamin B6: 0.43mg (21.66%), Vitamin B5: 1.97mg (19.73%), Iron: 3.45mg (19.19%), Folate: 72.95µg (18.24%), Vitamin D: 2.54µg (16.92%), Magnesium: 58.44mg (14.61%), Copper: 0.27mg (13.26%), Potassium: 455.24mg (13.01%), Vitamin E: 1.26mg (8.43%), Fiber: 1.63g (6.5%), Vitamin K: 4.15µg (3.95%)