



Breakfast Sausage Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



215 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce cream of mushroom soup fat-free 30% 98% undiluted reduced-sodium canned
- 1 tablespoon dijon mustard
- 1 cup egg substitute
- 3 cups milk 1% low-fat divided
- 2.5 ounces sharp cheddar cheese shredded
- 1.5 ounce sourdough bread cut into 1/2-inch cubes (8 cups)
- 16 ounce turkey sausage frozen thawed (such as Louis Rich)

Equipment

- frying pan
- oven
- whisk
- baking pan

Directions

- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add sausage to pan; cook 5 minutes or until browned, stirring well to crumble.
- Arrange bread in a 13 x 9-inch baking dish coated with cooking spray. Top evenly with cooked turkey sausage and cheddar cheese.
- Combine 2 1/2 cups milk, egg substitute, and Dijon mustard, stirring with a whisk.
- Pour over bread mixture in dish. Cover and refrigerate 8 hours or overnight.
- Preheat oven to 35
- Uncover casserole.
- Combine remaining 1/2 cup milk and cream of mushroom soup, stirring with a whisk.
- Pour over bread mixture.
- Bake at 350 for 1 hour and 5 minutes or until set and lightly browned.
- Let stand 15 minutes before serving.

Nutrition Facts



PROTEIN 39.77% **FAT 40.43%** **CARBS 19.8%**

Properties

Glycemic Index:17.44, Glycemic Load:2.19, Inflammation Score:-4, Nutrition Score:12.523043333188%

Nutrients (% of daily need)

Calories: 215.32kcal (10.77%), Fat: 9.54g (14.68%), Saturated Fat: 3.81g (23.79%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 10.24g (3.72%), Sugar: 5.29g (5.88%), Cholesterol: 57.71mg (19.24%), Sodium: 811.1mg (35.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.12g (42.23%), Phosphorus: 272.34mg (27.23%), Selenium: 18.91µg (27.02%), Vitamin B2: 0.46mg (26.96%), Vitamin B12: 1.53µg (25.56%), Zinc: 3.22mg (21.47%), Calcium: 212.29mg (21.23%), Vitamin B6: 0.37mg (18.29%), Vitamin B3: 3.36mg (16.82%), Vitamin B5: 1.53mg (15.28%),

Vitamin B1: 0.18mg (12.11%), Potassium: 417.02mg (11.91%), Vitamin D: 1.51µg (10.04%), Iron: 1.78mg (9.87%),
Magnesium: 33.55mg (8.39%), Manganese: 0.17mg (8.36%), Vitamin A: 373.58IU (7.47%), Copper: 0.14mg (7.24%),
Folate: 20.6µg (5.15%), Vitamin E: 0.65mg (4.35%), Vitamin C: 1.46mg (1.77%), Fiber: 0.27g (1.1%)