



WHATSheATE



Breakfast Sausage Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



280 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 8 large egg whites
- ☐ 2.5 cups milk 1% low-fat
- ☐ 3 ounces sharp cheddar cheese shredded divided
- ☐ 1.5 ounce sourdough bread cut into 1-inch cubes (8 cups)
- ☐ 16 ounce turkey breakfast sausage frozen thawed

Equipment

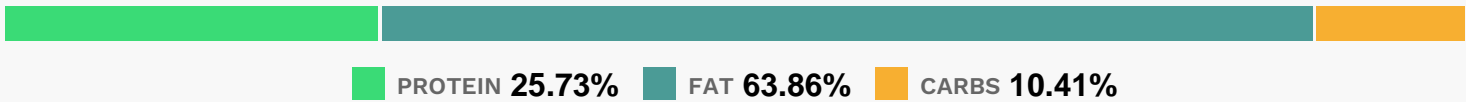
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ measuring cup

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 to crumble.
- ☐ Drain.
- ☐ Combine sausage, bread, and 1/2 cup cheese in a large bowl.
- ☐ Combine milk, egg whites, and mustard in a separate bowl, stirring with a whisk.
- ☐ Pour milk mixture over bread mixture, tossing until bread is moistened. Arrange bread in a 13 x 9inch glass or ceramic baking dish coated with cooking spray. Cover and refrigerate 8 hours or overnight. Uncover and sprinkle with remaining 1/4 cup cheese.
- ☐ Preheat oven to 35
- ☐ Bake, uncovered, at 350 for 1 hour and 5 minutes or until set and lightly browned.
- ☐ Let stand 15 minutes before serving.
- ☐ Tear bread into cubes
- ☐ Measure bread cubes in measuring cups
- ☐ Measure cheese
- ☐ Combine sausage, bread, and cheese

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:2.2, Inflammation Score:-3, Nutrition Score:9.2469564572625%

Nutrients (% of daily need)

Calories: 280.21kcal (14.01%), Fat: 19.61g (30.16%), Saturated Fat: 7.48g (46.75%), Carbohydrates: 7.19g (2.4%), Net Carbohydrates: 6.99g (2.54%), Sugar: 4.2g (4.67%), Cholesterol: 55.14mg (18.38%), Sodium: 566.3mg (24.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.78g (35.55%), Vitamin B2: 0.39mg (22.83%), Phosphorus: 213.75mg (21.38%), Selenium: 13.32µg (19.02%), Calcium: 179.44mg (17.94%), Vitamin B12: 1.07µg (17.9%), Vitamin B1: 0.24mg (16.24%), Vitamin B3: 3.06mg (15.28%), Zinc: 2.01mg (13.43%), Vitamin B6: 0.23mg (11.69%), Vitamin D: 1.61µg (10.75%), Potassium: 328.88mg (9.4%), Vitamin B5: 0.78mg (7.77%), Magnesium: 25.89mg (6.47%), Vitamin A: 294.93IU (5.9%), Iron: 0.91mg (5.06%), Folate: 12.26µg (3.07%), Copper: 0.06mg (2.94%), Manganese: 0.05mg (2.27%), Vitamin E: 0.22mg (1.47%)