



Breakfast The Night Before

READY IN



45 min.

SERVINGS



8

CALORIES



429 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 slices bread cubed
- ☐ 1 pound bulk fresh
- ☐ 2 cups cheddar cheese cubed
- ☐ 10.8 ounce golden cream of mushroom soup canned
- ☐ 0.8 teaspoon mustard dry
- ☐ 4 eggs
- ☐ 0.5 cup milk

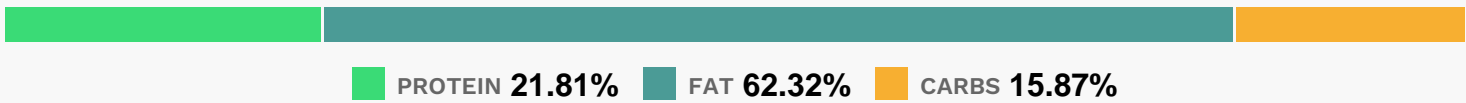
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Cook sausage in large skillet until brown, breaking up with wooden spoon; drain. Pat sausage dry with paper towels. Grease 9x13-inch baking dish.
- ☐ Place bread cubes in baking dish.
- ☐ Sprinkle cubed Cheddar cheese over bread.
- ☐ Sprinkle sausage over cheese.
- ☐ Combine eggs, 2 1/2 cups milk and dry mustard in medium bowl; beat with rotary beater or fork until well mixed.
- ☐ Pour egg mixture over layered mixture in baking dish. Cover with plastic wrap. Refrigerate for 8-24 hours.
- ☐ Heat oven to 300 degrees F. Stir together cream of mushroom soup and 1/2 cup milk in small bowl.
- ☐ Pour over mixture in baking dish.
- ☐ Place baking dish on baking sheet.
- ☐ Bake, uncovered, about 1 1/2 hours or until center is set when baking dish is slightly jiggled.
- ☐ Let stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:18.96, Glycemic Load:7.6, Inflammation Score:-4, Nutrition Score:14.437826159208%

Nutrients (% of daily need)

Calories: 429.15kcal (21.46%), Fat: 29.48g (45.35%), Saturated Fat: 12.04g (75.25%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 15.67g (5.7%), Sugar: 2.53g (2.81%), Cholesterol: 154.65mg (51.55%), Sodium: 984.95mg (42.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.21g (46.42%), Selenium: 23.49µg (33.56%), Phosphorus: 313.61mg (31.36%), Calcium: 272.93mg (27.29%), Vitamin B2: 0.41mg (24.07%), Manganese: 0.47mg (23.25%), Vitamin B3: 4.63mg (23.15%), Zinc: 3.34mg (22.23%), Vitamin B1: 0.31mg (20.38%), Vitamin B12: 1.12µg (18.67%), Vitamin B6: 0.29mg (14.34%), Iron: 2.35mg (13.06%), Vitamin B5: 1.19mg (11.95%), Folate: 43.61µg (10.9%), Vitamin D: 1.51µg (10.1%), Vitamin A: 469.71IU (9.39%), Copper: 0.18mg (9.08%), Magnesium: 34.88mg (8.72%), Potassium: 304.46mg (8.7%), Fiber: 1.22g (4.88%), Vitamin E: 0.62mg (4.14%), Vitamin K: 2.4µg (2.28%)