



Brie-and-Sausage Breakfast Casserole

READY IN



45 min.

SERVINGS



10

CALORIES



725 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 8 ounce round of président brie
- ☐ 1 teaspoon ground mustard dry
- ☐ 7 large eggs divided
- ☐ 2 cups skim milk fat-free
- ☐ 1 tablespoon rubbed sage dried fresh chopped
- ☐ 10 servings parmesan shaved chopped
- ☐ 1 pound sausage meat hot
- ☐ 1 cup parmesan cheese grated
- ☐ 1 teaspoon lawry's seasoned salt

- ☐ 3 cups whipping cream divided
- ☐ 6 slices sandwich bread white

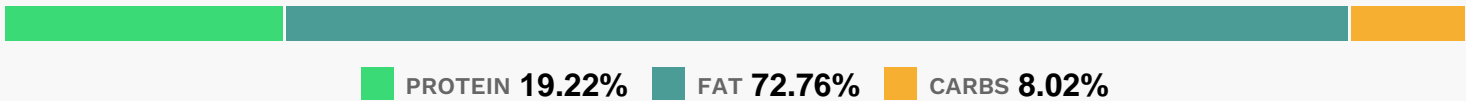
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Trim rind from Brie, and discard; cut cheese into cubes, and set aside.
- ☐ Cook sausage in a large skillet over medium-high heat, stirring until it crumbles and is no longer pink; drain well.
- ☐ Cut crusts from bread slices, and place crusts evenly in bottom of a lightly greased 13- x 9- inch baking dish.
- ☐ Layer evenly with bread slices, sausage, Brie, and Parmesan cheese.
- ☐ Whisk together 5 eggs, 2 cups whipping cream, and next 4 ingredients; pour evenly over cheeses. Cover and chill mixture for 8 hours.
- ☐ Whisk together remaining 2 eggs and remaining 1 cup whipping cream; pour evenly over chilled mixture.
- ☐ Bake at 350 for 1 hour or until casserole is set.
- ☐ Garnish, if desired.
- ☐ * 2 cups (8 ounces) shredded Swiss cheese may be substituted.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:6.35, Inflammation Score:-8, Nutrition Score:20.603478255479%

Nutrients (% of daily need)

Calories: 724.96kcal (36.25%), Fat: 58.64g (90.22%), Saturated Fat: 32.09g (200.57%), Carbohydrates: 14.54g (4.85%), Net Carbohydrates: 14.09g (5.12%), Sugar: 5.86g (6.51%), Cholesterol: 296.79mg (98.93%), Sodium: 1479.95mg (64.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.85g (69.71%), Calcium: 656.45mg (65.64%), Phosphorus: 557.4mg (55.74%), Selenium: 31.31µg (44.73%), Vitamin B2: 0.7mg (41.35%), Vitamin A: 1839.63IU (36.79%), Vitamin B12: 1.96µg (32.75%), Zinc: 3.78mg (25.2%), Vitamin D: 3.28µg (21.9%), Vitamin B1: 0.29mg (19.33%), Vitamin B6: 0.36mg (18.02%), Vitamin B5: 1.6mg (16.05%), Vitamin B3: 3.17mg (15.87%), Folate: 55.7µg (13.93%), Magnesium: 48.32mg (12.08%), Iron: 2.17mg (12.07%), Potassium: 412.14mg (11.78%), Vitamin E: 1.34mg (8.93%), Vitamin K: 7.24µg (6.9%), Manganese: 0.14mg (6.85%), Copper: 0.1mg (5.17%), Fiber: 0.45g (1.8%)