



Brie-and-Sausage Breakfast Casserole

READY IN



45 min.

SERVINGS



10

CALORIES



609 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
- ☐ 10 servings spring onion chopped
- ☐ 1 pound sausage meat hot
- ☐ 1 cup parmesan cheese grated
- ☐ 1 tablespoon rubbed sage dried fresh chopped
- ☐ 1 teaspoon lawry's seasoned salt

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

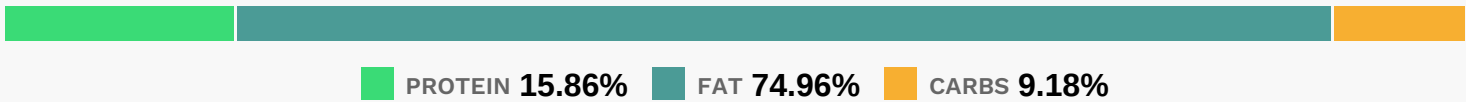
Equipment

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

Directions

- ☐ Trim and discard rind from top of Brie.
- ☐ Cut cheese into cubes; set aside.
- ☐ Cook sausage in a large skillet over medium-high heat, stirring until crumbled and 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 grated Parmesan cheese.
- ☐ Whisk together 5 eggs, 2 cups whipping cream, and next 4 ingredients; pour evenly over cheeses. Cover and chill 8 hours.
- ☐ Whisk together remaining 2 eggs and 1 cup whipping cream; pour evenly over chilled mixture.
- ☐ Bake at 350 for 50 minutes or until set.
- ☐ Garnish, if desired.
- ☐ *Substitute 2 cups (8 ounces) shredded Swiss cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:6.18, Inflammation Score:-7, Nutrition Score:17.094782497572%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 609.28kcal (30.46%), Fat: 50.91g (78.32%), Saturated Fat: 27.17g (169.82%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 13.41g (4.88%), Sugar: 5.76g (6.4%), Cholesterol: 276.39mg (92.13%), Sodium: 1000.31mg (43.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.24g (48.48%), Vitamin B2: 0.61mg (35.77%), Phosphorus: 351.42mg (35.14%), Selenium: 24.6µg (35.14%), Vitamin A: 1665.15IU (33.3%), Calcium: 305.57mg (30.56%), Vitamin B12: 1.6µg (26.75%), Vitamin D: 3.13µg (20.9%), Zinc: 2.98mg (19.85%), Vitamin B1: 0.28mg (18.77%), Vitamin K: 19.15µg (18.24%), Vitamin B6: 0.34mg (16.84%), Vitamin B3: 3.12mg (15.62%), Vitamin B5: 1.47mg (14.73%), Folate: 57.44µg (14.36%), Potassium: 401.1mg (11.46%), Iron: 2.02mg (11.2%), Magnesium: 36.32mg (9.08%), Vitamin E: 1.31mg (8.71%), Manganese: 0.14mg (7.03%), Copper: 0.1mg (4.94%), Fiber: 0.61g (2.42%), Vitamin C: 1.95mg (2.37%)