



Broccoli-Cheese Breakfast Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



427 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 10 ounce broccoli cuts frozen thawed
- ☐ 6 ounces three-cheese gourmet cheddar cheese blend shredded divided
- ☐ 8 large eggs lightly beaten
- ☐ 0.5 pound sausage meat
- ☐ 0.3 cup milk
- ☐ 1 small onion chopped
- ☐ 1 teaspoon pepper
- ☐ 1 plum tomatoes thinly sliced

- ☐ 1 cup ricotta cheese
- ☐ 0.5 teaspoon salt

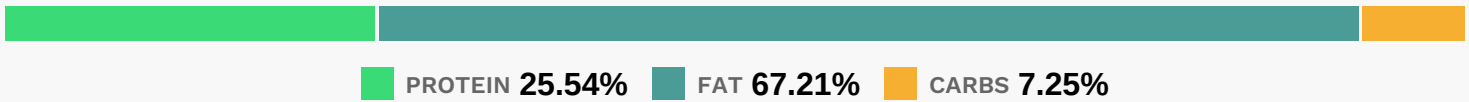
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook ground pork sausage and chopped onion in a skillet over medium-high heat, stirring until sausage crumbles and is no longer pink; drain.
- ☐ Toss together sausage mixture, broccoli, and 1/2 cup cheese blend. Spoon into a lightly greased 11- x 7-inch baking dish.
- ☐ Stir together 1/2 cup cheese blend, eggs, and next 4 ingredients; pour over broccoli mixture.
- ☐ Sprinkle with remaining 1/2 cup cheese blend. Arrange tomato on top.
- ☐ Bake at 350 for 30 minutes; uncover and bake 15 more minutes.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:1.7, Inflammation Score:-7, Nutrition Score:21.97217383592%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 427.36kcal (21.37%), Fat: 31.92g (49.1%), Saturated Fat: 14.54g (90.87%), Carbohydrates: 7.75g (2.58%), Net Carbohydrates: 6.11g (2.22%), Sugar: 2.51g (2.79%), Cholesterol: 325.87mg (108.62%), Sodium: 769.49mg (33.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.28g (54.57%), Vitamin C: 44.69mg (54.17%), Selenium: 35.93µg (51.33%), Vitamin K: 51.12µg (48.69%), Phosphorus: 426.02mg (42.6%), Vitamin B2: 0.63mg (37.14%), Calcium: 366.75mg (36.68%), Vitamin A: 1255.31IU (25.11%), Vitamin B12: 1.41µg (23.51%), Zinc: 3.48mg (23.18%), Folate: 76.22µg (19.05%), Vitamin B6: 0.38mg (18.92%), Vitamin B5: 1.82mg (18.18%), Vitamin D: 2.19µg (14.6%), Potassium: 461.52mg (13.19%), Vitamin B1: 0.19mg (12.87%), Iron: 2.22mg (12.33%), Vitamin B3: 2.28mg (11.38%), Magnesium: 39.51mg (9.88%), Vitamin E: 1.47mg (9.77%), Manganese: 0.2mg (9.77%), Fiber: 1.64g (6.54%), Copper: 0.13mg (6.47%)