



 4%
HEALTH SCORE

Broccoli Sausage Breakfast Bake

READY IN



45 min.

SERVINGS



8

CALORIES



315 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 0.5 pound sausage meat
- 1 cup broccoli fresh chopped
- 2 cups cheddar cheese shredded
- 3 large eggs lightly beaten
- 1.3 cups milk 2%
- 0.5 cup baking mix
- 0.5 cup baking mix

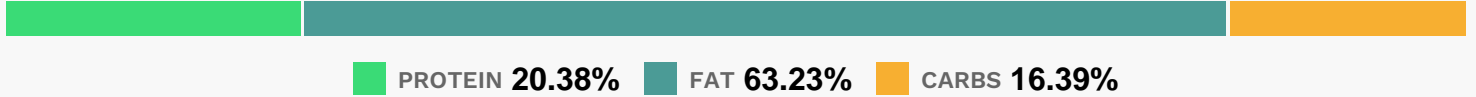
Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife

Directions

- In a large skillet, cook sausage over medium heat until no longer pink; drain and set aside.
- Add 1 in. of water and broccoli to a saucepan; bring to a boil. Reduce heat. Cover and simmer for 5–8 minutes or until crisp-tender; drain.
- In a greased 9-in. pie plate, layer with sausage, cheese and broccoli. In a large bowl, combine the eggs, milk and biscuit mix.
- Pour over broccoli.
- Bake at 350° for 25–30 minutes or until a knife inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:11.59826081732%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 314.63kcal (15.73%), Fat: 21.99g (33.83%), Saturated Fat: 9.58g (59.85%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 12.22g (4.44%), Sugar: 3.96g (4.4%), Cholesterol: 121.66mg (40.55%), Sodium: 604.04mg (26.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.95g (31.9%), Phosphorus: 333.72mg (33.37%), Calcium: 289.05mg (28.9%), Vitamin B2: 0.39mg (23.03%), Selenium: 16.07µg (22.96%), Vitamin B12: 0.96µg (16.02%), Zinc: 2.21mg (14.71%), Vitamin B1: 0.2mg (13.47%), Vitamin K: 13.12µg (12.49%), Vitamin C: 10.13mg (12.28%), Vitamin B3: 2.15mg (10.74%), Folate: 42.55µg (10.64%), Vitamin A: 512.32IU (10.25%), Vitamin B5: 0.92mg (9.21%), Vitamin B6: 0.18mg (9.14%), Iron: 1.19mg (6.62%), Potassium: 228.77mg (6.54%), Vitamin D: 0.91µg (6.09%),

Magnesium: 23.96mg (5.99%), Manganese: 0.09mg (4.44%), Vitamin E: 0.58mg (3.86%), Copper: 0.07mg (3.61%),
Fiber: 0.6g (2.4%)