



Brunch on the Bayou

READY IN



580 min.

SERVINGS



8

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1 pound day old bread french
- 3 tablespoons butter melted
- 2 teaspoons dijon mustard
- 10 eggs
- 3 green onions chopped
- 4 ounces sausage italian
- 1 pound monterrey jack cheese shredded
- 0.5 cup parmesan cheese

- 0.3 teaspoon pepper flakes red
- 1 cup heavy whipping cream sour
- 0.3 cup white wine
- 1.5 cups milk whole

Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- aluminum foil

Directions

- Place sausage in a skillet over medium-high heat. Cook, stirring constantly until evenly browned.
- Drain grease, and set aside.
- Spread bread pieces in the bottom of a 9x13 inch baking dish.
- Drizzle melted butter over the bread pieces, then sprinkle in the cooked sausage. Cover with shredded cheese. In a medium bowl, whisk together the eggs, milk, white wine, Dijon mustard, and green onions. Season with black and red pepper.
- Pour the egg mixture over everything in the baking dish. Cover, and refrigerate 8 hours to overnight.
- Remove the dish from the refrigerator 30 minutes prior to baking to allow it to come to room temperature. Preheat the oven to 325 degrees F (165 degrees C).
- Cover the dish with aluminum foil, and bake for 30 minutes in the preheated oven. Then uncover, and bake for an additional 30 minutes.
- Remove from the oven, and spread sour cream over the top.
- Sprinkle with Parmesan cheese. Return to the oven for an additional 10 minutes, or until cheese is starting to brown slightly.

Nutrition Facts

PROTEIN 20.87% FAT 57.58% CARBS 21.55%

Properties

Glycemic Index:45.19, Glycemic Load:23.8, Inflammation Score:-7, Nutrition Score:23.582608907119%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 650.66kcal (32.53%), Fat: 41.2g (63.38%), Saturated Fat: 21.93g (137.09%), Carbohydrates: 34.7g (11.57%), Net Carbohydrates: 33.24g (12.09%), Sugar: 6.56g (7.29%), Cholesterol: 303.83mg (101.27%), Sodium: 1039.43mg (45.19%), Alcohol: 1.03g (100%), Alcohol %: 0.46% (100%), Protein: 33.6g (67.21%), Selenium: 48.71µg (69.58%), Calcium: 651.79mg (65.18%), Phosphorus: 558.1mg (55.81%), Vitamin B2: 0.88mg (51.71%), Vitamin B1: 0.55mg (36.88%), Folate: 112.35µg (28.09%), Zinc: 3.75mg (25.03%), Vitamin B12: 1.48µg (24.67%), Vitamin A: 1230.88IU (24.62%), Iron: 3.96mg (21.99%), Manganese: 0.37mg (18.32%), Vitamin B3: 3.43mg (17.15%), Vitamin B5: 1.54mg (15.38%), Vitamin B6: 0.3mg (14.86%), Magnesium: 55.96mg (13.99%), Vitamin D: 1.97µg (13.16%), Vitamin K: 12.56µg (11.97%), Potassium: 359.04mg (10.26%), Copper: 0.17mg (8.47%), Vitamin E: 1.17mg (7.77%), Fiber: 1.46g (5.82%), Vitamin C: 1.39mg (1.69%)