



Cheddar Sausage Bake

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce broccoli frozen
- 0.5 cup cheddar cheese grated
- 10.8 ounce condensed cream of cheddar cheese soup canned
- 20 ounce hash browns shredded bob evans®
- 0.5 cup milk
- 1 pound sausage meat bob evans®

Equipment

- bowl

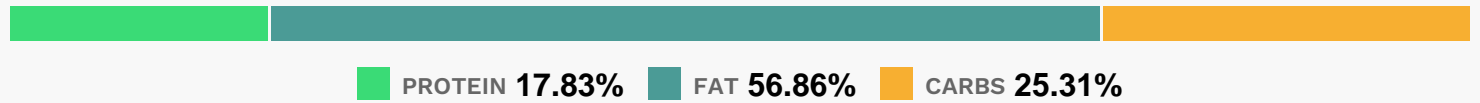
oven

baking pan

Directions

Preheat oven to 400 F. In skillet crumble and cook sausage over medium heat until browned. In greased 9x13 baking dish place potatoes. Top with cooked sausage, then broccoli. In small bowl, combine soup and milk. Spoon over broccoli. Top with grated cheese. Cover and bake for 40–45 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:6.06, Inflammation Score:-7, Nutrition Score:19.794347991114%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 5.19mg, Kaempferol: 5.19mg, Kaempferol: 5.19mg, Kaempferol: 5.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 421.56kcal (21.08%), Fat: 26.79g (41.21%), Saturated Fat: 9.88g (61.78%), Carbohydrates: 26.82g (8.94%), Net Carbohydrates: 23.37g (8.5%), Sugar: 2.95g (3.28%), Cholesterol: 68.32mg (22.77%), Sodium: 858.89mg (37.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.9g (37.8%), Vitamin C: 67.28mg (81.55%), Vitamin K: 68.06µg (64.82%), Vitamin B3: 5.58mg (27.88%), Potassium: 933.17mg (26.66%), Phosphorus: 253.8mg (25.38%), Vitamin B1: 0.36mg (24.04%), Vitamin B6: 0.45mg (22.41%), Zinc: 2.54mg (16.93%), Vitamin A: 800.8IU (16.02%), Calcium: 155.18mg (15.52%), Vitamin B2: 0.25mg (14.85%), Vitamin B12: 0.85µg (14.2%), Manganese: 0.28mg (14.12%), Fiber: 3.45g (13.8%), Vitamin B5: 1.31mg (13.06%), Iron: 2.26mg (12.57%), Folate: 48.19µg (12.05%), Magnesium: 39.85mg (9.96%), Copper: 0.18mg (8.96%), Vitamin D: 1.26µg (8.42%), Selenium: 4.99µg (7.13%), Vitamin E: 0.74mg (4.94%)