



WHATSheATE



## Cheesy Brunch Casserole

READY IN



45 min.

SERVINGS



9

CALORIES



694 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

## Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter melted
- ☐ 16 ounce cartons egg substitute
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 pound turkey sausage italian
- ☐ 2 cups milk 2% reduced-fat
- ☐ 6 ounces cheddar cheese shredded extra-sharp reduced-fat
- ☐ 0.5 teaspoon onion powder
- ☐ 5 cups herb-seasoned stuffing mix (such as Pepperidge Farm)

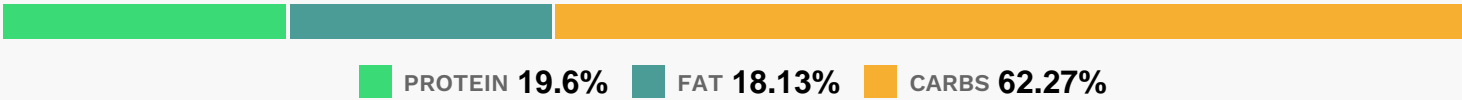
## Equipment

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

## Directions

- ☐ Preheat oven to 32
- ☐ Remove casings from sausage. Cook sausage in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
- ☐ Drain.
- ☐ Place sausage in a large bowl; add stuffing mix, tossing to combine.
- ☐ Place stuffing mixture in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Drizzle stuffing mixture with broth and butter; sprinkle with cheese.
- ☐ Combine milk and remaining ingredients, stirring with a whisk; pour milk mixture over stuffing mixture.
- ☐ Bake at 325 for 40 minutes or until set.
- ☐ Let casserole stand 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:9.11, Glycemic Load:0.01, Inflammation Score:-8, Nutrition Score:30.667826186056%

## Nutrients (% of daily need)

Calories: 693.56kcal (34.68%), Fat: 13.79g (21.21%), Saturated Fat: 5.91g (36.91%), Carbohydrates: 106.56g (35.52%), Net Carbohydrates: 101.86g (37.04%), Sugar: 16.27g (18.08%), Cholesterol: 42.88mg (14.29%), Sodium: 2626.7mg (114.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.53g (67.07%), Selenium: 99.48µg

(142.11%), Iron: 10.97mg (60.93%), Vitamin B1: 0.9mg (60.27%), Folate: 237.92µg (59.48%), Vitamin B2: 0.96mg (56.21%), Vitamin B3: 9.63mg (48.16%), Phosphorus: 457.24mg (45.72%), Manganese: 0.84mg (42.13%), Calcium: 318.41mg (31.84%), Vitamin B6: 0.49mg (24.51%), Zinc: 3.4mg (22.64%), Magnesium: 82.03mg (20.51%), Vitamin B5: 2mg (20.04%), Copper: 0.39mg (19.57%), Vitamin C: 15.7mg (19.04%), Fiber: 4.7g (18.82%), Potassium: 622.97mg (17.8%), Vitamin B12: 0.82µg (13.59%), Vitamin E: 1.4mg (9.34%), Vitamin A: 359.57IU (7.19%), Vitamin D: 0.83µg (5.5%), Vitamin K: 2.17µg (2.07%)