



Cheesy Sausage and Egg Bake

READY IN



60 min.

SERVINGS



12

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound sausage meat cooked drained
- 4 ounces mushrooms fresh sliced
- 0.5 cup spring onion sliced
- 1.5 cups tomatoes seeded chopped
- 8 ounces mozzarella cheese shredded
- 1.3 cups pancake mix
- 1 cup milk
- 1.5 teaspoons salt
- 1.5 teaspoons oregano dried fresh chopped

0.5 teaspoon pepper

12 eggs

Equipment

oven

baking pan

Directions

Heat oven to 350°F. Grease rectangular baking dish, 13x9x2 inches.

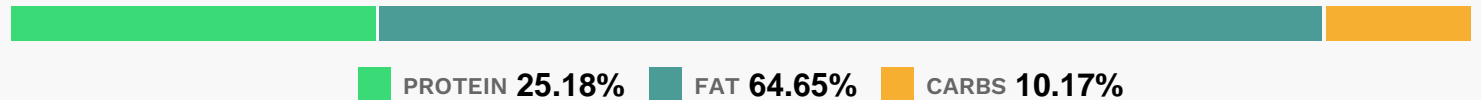
Layer sausage, mushrooms, onions, tomatoes and cheese in dish.

Stir remaining ingredients until blended.

Pour over cheese.

Bake uncovered 30 to 35 minutes or until golden brown and set.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:0.81, Inflammation Score:-6, Nutrition Score:12.132608714311%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 283.89kcal (14.19%), Fat: 20.22g (31.1%), Saturated Fat: 7.86g (49.12%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 6.35g (2.31%), Sugar: 2.12g (2.36%), Cholesterol: 217.88mg (72.63%), Sodium: 790.33mg (34.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.72g (35.45%), Phosphorus: 282.62mg (28.26%), Selenium: 19.35µg (27.65%), Vitamin B2: 0.42mg (24.54%), Vitamin B12: 1.3µg (21.72%), Calcium: 187.3mg (18.73%), Zinc: 2.23mg (14.87%), Vitamin A: 661.9IU (13.24%), Vitamin B6: 0.25mg (12.71%), Vitamin B5: 1.26mg (12.64%), Vitamin B3: 2.5mg (12.52%), Vitamin B1: 0.18mg (12.21%), Vitamin K: 12.57µg (11.97%), Vitamin D: 1.69µg (11.26%), Iron: 1.71mg (9.5%), Potassium: 316.28mg (9.04%), Folate: 34.93µg (8.73%), Magnesium: 24.33mg (6.08%), Copper: 0.11mg (5.63%), Vitamin E: 0.75mg (5.01%), Manganese: 0.1mg (4.79%), Vitamin C: 3.88mg (4.71%), Fiber: 0.81g (3.24%)