



## Cheesy Sausage Breakfast Casserole

READY IN



570 min.

SERVINGS



8

CALORIES



460 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 6 ounces crusty baguette french cut into 3/4-inch cubes ( 5 1/2 cups)
- 0.5 teaspoon pepper black freshly ground
- 12 large eggs
- 2 teaspoons ground mustard such as colman's
- 1 teaspoon kosher salt
- 2.5 ounces monterrey jack cheese shredded
- 1 pound diestel breakfast sausage uncooked
- 2 ounces sharp cheddar cheese shredded
- 1 tablespoon vegetable oil

- 2.5 cups milk whole

## Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- plastic wrap
- baking pan
- toothpicks
- wooden spoon
- aluminum foil

## Directions

- Heat the oil in a large frying pan over medium heat until shimmering.
- Add the sausage and cook, breaking up the meat into smaller pieces with a wooden spoon, until it's no longer pink and is starting to brown, about 10 minutes.
- Remove the pan from the heat and let it cool for 10 minutes.
- Place the eggs in a large bowl and whisk until they're broken up.
- Add the milk, mustard, salt, and pepper and whisk to combine.
- Add the reserved sausage, bread, and cheeses and stir to combine.
- Pour the mixture into a 13-by-9-inch baking dish and spread it into an even layer. Cover the dish with plastic wrap or aluminum foil and refrigerate overnight. When ready to bake the casserole, heat the oven to 350°F and arrange a rack in the middle. Meanwhile, remove the casserole from the refrigerator and let it sit at room temperature. Uncover the casserole and bake until a toothpick inserted into the center comes out clean, about 45 to 55 minutes.
- Remove the pan to a wire rack and let it cool for 10 minutes before serving.

## Nutrition Facts



■ PROTEIN 23.31% ■ FAT 63.69% ■ CARBS 13%

## Properties

Glycemic Index:27.97, Glycemic Load:8.45, Inflammation Score:-4, Nutrition Score:17.484347934308%

## Nutrients (% of daily need)

Calories: 460.28kcal (23.01%), Fat: 32.17g (49.5%), Saturated Fat: 12.19g (76.2%), Carbohydrates: 14.78g (4.93%), Net Carbohydrates: 14.24g (5.18%), Sugar: 5.04g (5.61%), Cholesterol: 343.95mg (114.65%), Sodium: 1017.76mg (44.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.49g (52.98%), Selenium: 32.47µg (46.38%), Phosphorus: 398.39mg (39.84%), Vitamin B2: 0.65mg (38.4%), Vitamin B12: 1.71µg (28.5%), Calcium: 281.48mg (28.15%), Vitamin B1: 0.36mg (23.99%), Zinc: 3.24mg (21.58%), Vitamin D: 3.17µg (21.14%), Vitamin B5: 1.95mg (19.49%), Vitamin B6: 0.38mg (19.19%), Vitamin B3: 3.81mg (19.03%), Folate: 62.48µg (15.62%), Iron: 2.81mg (15.62%), Vitamin A: 711.03IU (14.22%), Potassium: 402.9mg (11.51%), Magnesium: 37.99mg (9.5%), Vitamin E: 1.24mg (8.25%), Manganese: 0.16mg (7.81%), Copper: 0.13mg (6.41%), Vitamin K: 5.07µg (4.83%), Fiber: 0.54g (2.16%)