



Christmas Breakfast Casserole

READY IN



45 min.

SERVINGS



12

CALORIES



292 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 1 teaspoon basil dried
- 8 eggs
- 1 cup flour all-purpose
- 10 ounces spinach frozen thawed drained chopped well
- 1 pound ground sausage italian johnsonville®
- 2 cups milk
- 1 cup onion chopped
- 0.3 cup parmesan cheese grated
- 4 ounces provolone cheese shredded

- 7 ounces roasted peppers red divided drained chopped
- 1 sprigs rosemary leaves fresh
- 0.5 teaspoon salt

Equipment

- bowl
- frying pan
- oven
- knife
- baking pan

Directions

- Preheat oven to 425°. In a skillet, cook sausage and onion over medium heat until sausage is no longer pink; drain.
- Transfer to a greased 3-qt. baking dish.
- Sprinkle with half of the red peppers and all the spinach.
- In a bowl, combine flour, Parmesan cheese, basil and salt.
- Combine eggs and milk; add to dry ingredients and mix well.
- Pour over spinach.
- Bake 20-25 minutes or until a knife inserted near center comes out clean.
- Sprinkle with provolone cheese and remaining red peppers.
- Bake 2 minutes longer or until cheese is melted.
- Let stand 5 minutes before cutting.
- Garnish with rosemary if desired.

Nutrition Facts

 PROTEIN 21.52%  FAT 59.69%  CARBS 18.79%

Properties

Glycemic Index:16.25, Glycemic Load:6.87, Inflammation Score:-9, Nutrition Score:19.615217353987%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 292.36kcal (14.62%), Fat: 19.33g (29.74%), Saturated Fat: 7.91g (49.46%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 12.27g (4.46%), Sugar: 2.87g (3.19%), Cholesterol: 151.06mg (50.35%), Sodium: 780.16mg (33.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.68g (31.37%), Vitamin K: 89.85µg (85.57%), Vitamin A: 3182.8IU (63.66%), Selenium: 26.32µg (37.6%), Vitamin B1: 0.37mg (24.39%), Phosphorus: 243.14mg (24.31%), Vitamin B2: 0.41mg (23.83%), Calcium: 206.95mg (20.69%), Folate: 76.65µg (19.16%), Vitamin B12: 0.99µg (16.51%), Manganese: 0.32mg (16.2%), Vitamin B6: 0.29mg (14.42%), Vitamin C: 10.73mg (13.01%), Zinc: 1.88mg (12.54%), Iron: 2.18mg (12.13%), Vitamin B3: 2.15mg (10.77%), Magnesium: 40.83mg (10.21%), Potassium: 352.75mg (10.08%), Vitamin B5: 0.94mg (9.37%), Vitamin D: 1.09µg (7.28%), Vitamin E: 1.06mg (7.09%), Copper: 0.13mg (6.63%), Fiber: 1.42g (5.7%)