



Christmas Breakfast Sausage Casserole

READY IN



590 min.

SERVINGS



8

CALORIES



408 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 eggs beaten
- ☐ 1 pound sausage meat
- ☐ 8 ounces mild cheddar cheese shredded
- ☐ 2 cups milk
- ☐ 1 teaspoon ground mustard
- ☐ 0.5 teaspoon salt
- ☐ 6 slices bread white toasted cut into cubes

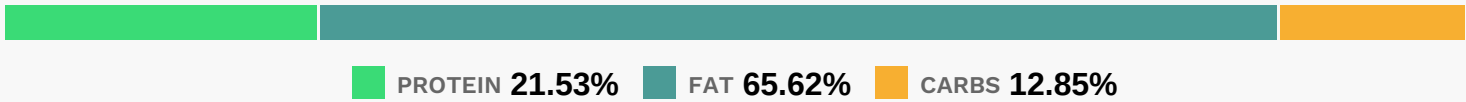
Equipment

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

Directions

- ☐ Crumble sausage into a medium skillet. Cook over medium heat until evenly brown; drain.
- ☐ In a medium bowl, mix together mustard powder, salt, eggs and milk.
- ☐ Add the sausage, bread cubes, and cheese, and stir to coat evenly.
- ☐ Pour into a greased 9x13 inch baking dish. Cover, and chill in the refrigerator for 8 hours, or overnight.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cover, and bake 45 to 60 minutes. Uncover, and reduce temperature to 325 degrees F (165 degrees C).
- ☐ Bake for an additional 30 minutes, or until set.

Nutrition Facts



Properties

Glycemic Index:20.97, Glycemic Load:7.84, Inflammation Score:-4, Nutrition Score:13.328260857126%

Nutrients (% of daily need)

Calories: 407.99kcal (20.4%), Fat: 29.49g (45.37%), Saturated Fat: 12.41g (77.58%), Carbohydrates: 12.99g (4.33%), Net Carbohydrates: 12.53g (4.56%), Sugar: 4.13g (4.59%), Cholesterol: 158.33mg (52.78%), Sodium: 835.24mg (36.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.77g (43.53%), Phosphorus: 334.81mg (33.48%), Calcium: 333.2mg (33.32%), Selenium: 20.81µg (29.72%), Vitamin B2: 0.42mg (24.97%), Vitamin B12: 1.31µg (21.79%), Vitamin B1: 0.3mg (20.28%), Zinc: 2.99mg (19.9%), Vitamin B3: 3.67mg (18.33%), Vitamin B6: 0.29mg (14.3%), Vitamin D: 2.02µg (13.45%), Vitamin B5: 1.16mg (11.65%), Vitamin A: 544.47IU (10.89%), Folate: 38.08µg (9.52%), Iron: 1.71mg (9.52%), Potassium: 308.12mg (8.8%), Magnesium: 31.54mg (7.89%), Manganese: 0.13mg (6.59%), Copper: 0.09mg (4.41%), Vitamin E: 0.64mg (4.24%), Fiber: 0.46g (1.85%), Vitamin K: 1.21µg (1.15%)