



Christmas Morning Breakfast Casserole

READY IN



70 min.

SERVINGS



12

CALORIES



515 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 2 cups mushrooms white sliced
- 18 eggs
- 1 lb diestel breakfast sausage
- 1 loaf bread crumbs italian (8 cups, 1-inch cubes) (crusty bread)
- 12 servings bell pepper to taste
- 1 bell pepper red chopped
- 2 teaspoons salt
- 1.5 cups cheddar cheese shredded
- 1 cup milk whole

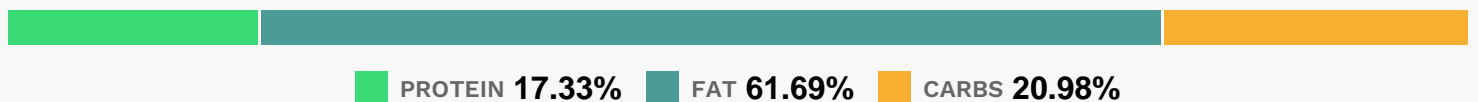
Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil

Directions

- Heat oven to 375F. Brown the sausage in a saute pan over medium heat for 3 minutes, breaking it into bite size pieces.
- Add the mushrooms, bell peppers, 1 tsp salt and pepper. Cook an additional 5 minutes.
- Let cool.
- Drain.
- In a bowl, beat the eggs and milk.
- Add remaining salt and cheese; stir to combine.
- Add the bread cubes and cooled sausage mixture to a greased 139-inch baking dish. Toss to combine.
- Pour the egg mixture over the bread and sausage: press the bread mixture down gently to soak up some of the egg mixture.
- Cover the dish with foil and bake for 30 minutes; uncover and bake an additional 20 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:1.63, Inflammation Score:-9, Nutrition Score:23.286521932353%

Flavonoids

Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 515.23kcal (25.76%), Fat: 35.39g (54.45%), Saturated Fat: 15.79g (98.67%), Carbohydrates: 27.09g (9.03%), Net Carbohydrates: 23.83g (8.67%), Sugar: 16.8g (18.66%), Cholesterol: 289.3mg (96.43%), Sodium: 966.04mg (42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.37g (44.73%), Vitamin C: 108.65mg (131.7%), Vitamin A: 3202.31IU (64.05%), Selenium: 26.22µg (37.46%), Vitamin B2: 0.61mg (35.77%), Phosphorus: 316.61mg (31.66%), Vitamin B6: 0.51mg (25.62%), Folate: 99.7µg (24.92%), Vitamin B3: 4.96mg (24.79%), Vitamin B12: 1.17µg (19.58%), Vitamin B5: 1.91mg (19.07%), Zinc: 2.64mg (17.63%), Calcium: 171.86mg (17.19%), Vitamin B1: 0.26mg (17.15%), Iron: 2.84mg (15.76%), Potassium: 537.2mg (15.35%), Vitamin E: 2.22mg (14.78%), Vitamin D: 2.15µg (14.35%), Fiber: 3.25g (13.02%), Magnesium: 37.46mg (9.37%), Copper: 0.14mg (7.14%), Manganese: 0.13mg (6.28%), Vitamin K: 4.89µg (4.65%)