



Christmas Morning Breakfast Casserole

READY IN



70 min.

SERVINGS



12

CALORIES



497 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

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

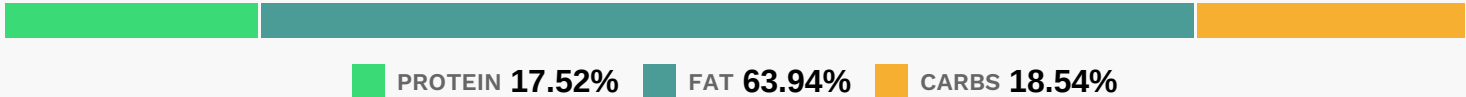
Equipment

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

Directions

- ☐ Heat oven to 375°F. 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 13×9-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:0.77, Inflammation Score:-6, Nutrition Score:15.547391321348%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 497.48kcal (24.87%), Fat: 35.19g (54.13%), Saturated Fat: 15.75g (98.41%), Carbohydrates: 22.97g (7.66%), Net Carbohydrates: 21.15g (7.69%), Sugar: 13.93g (15.48%), Cholesterol: 289.3mg (96.43%), Sodium: 963.31mg (41.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.69g (43.38%), Selenium: 26.15µg (37.36%), Vitamin B2: 0.55mg (32.36%), Phosphorus: 298.86mg (29.89%), Vitamin C: 21.24mg (25.75%), Vitamin B3: 4.29mg (21.45%), Vitamin A: 1064.1IU (21.28%), Vitamin B12: 1.17µg (19.58%), Folate: 68.28µg (17.07%), Vitamin B5: 1.69mg (16.9%), Calcium: 167.08mg (16.71%), Zinc: 2.47mg (16.49%), Vitamin B6: 0.31mg (15.68%), Vitamin B1: 0.22mg (14.69%), Vitamin D: 2.15µg (14.35%), Iron: 2.54mg (14.13%), Potassium: 393.1mg (11.23%), Vitamin E: 1.14mg (7.58%), Magnesium: 29.27mg (7.32%), Fiber: 1.82g (7.28%), Copper: 0.13mg (6.56%), Manganese: 0.05mg (2.46%), Vitamin K: 1.54µg (1.47%)