



WHATSheATE



Company Breakfast Casserole



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



295 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 4 oz mushrooms drained sliced canned
- ☐ 1 eggs beaten
- ☐ 8 servings garlic salt to taste
- ☐ 1 bell pepper green chopped
- ☐ 1 pound sausage meat drained
- ☐ 16 oz hash browns shredded frozen divided thawed
- ☐ 1.5 cups milk
- ☐ 1 onion divided chopped

- ☐ 8 servings salt and pepper to taste
- ☐ 0.5 cup cheddar cheese shredded divided

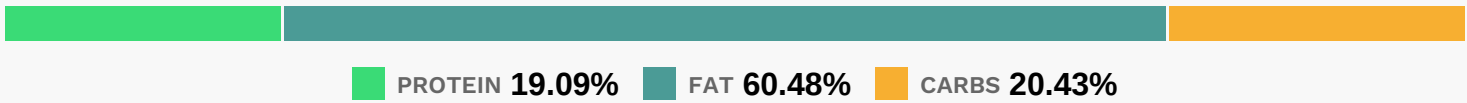
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Spread half of the hashbrowns in a lightly greased 13"x9" baking pan.
- ☐ Layer ingredients as follows: half the onion, sausage, remaining onion, green pepper, mushrooms and half the cheese. In a separate bowl, whisk together eggs, milk and seasonings.
- ☐ Pour egg mixture over casserole; top with remaining hashbrowns and remaining cheese. Cover with aluminum foil and refrigerate overnight.
- ☐ Bake, covered, at 350 degrees for 45 to 60 minutes. Uncover and bake an additional 20 minutes or until a knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:4.05, Inflammation Score:-4, Nutrition Score:10.314347801001%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 295.01kcal (14.75%), Fat: 19.86g (30.56%), Saturated Fat: 7.48g (46.74%), Carbohydrates: 15.09g (5.03%), Net Carbohydrates: 13.47g (4.9%), Sugar: 3.52g (3.91%), Cholesterol: 73.84mg (24.61%), Sodium: 893.28mg (38.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.11g (28.21%), Vitamin C: 18.02mg (21.85%), Phosphorus: 208.95mg (20.9%), Vitamin B3: 3.98mg (19.9%), Vitamin B1: 0.27mg (17.84%), Vitamin B6: 0.32mg (16.17%), Vitamin B12: 0.85µg (14.21%), Zinc: 2.01mg (13.42%), Potassium: 448.33mg (12.81%), Calcium: 126.51mg (12.65%), Vitamin B2: 0.21mg (12.2%), Vitamin B5: 0.99mg (9.94%), Vitamin D: 1.42µg (9.47%), Iron: 1.49mg (8.26%), Selenium: 5.38µg (7.68%), Copper: 0.15mg (7.45%), Manganese: 0.14mg (6.94%), Magnesium: 27.23mg (6.81%), Fiber: 1.62g (6.48%), Vitamin A: 272.42IU (5.45%), Folate: 12.7µg (3.18%), Vitamin E: 0.3mg (2%), Vitamin K: 1.71µg (1.62%)