



Country Breakfast Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



301 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 8 oz diestel breakfast sausage drained chopped
- ☐ 1.5 cups egg substitute
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 bell pepper diced green
- ☐ 1 cup milk
- ☐ 1 tablespoon cooking oil
- ☐ 1 onion minced
- ☐ 0.5 teaspoon pepper
- ☐ 4 potatoes diced

- ☐ 1 bell pepper diced red
- ☐ 1.5 teaspoons salt divided
- ☐ 1 cup cheddar cheese shredded

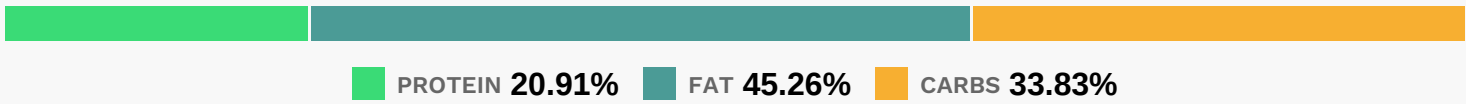
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ casserole dish

Directions

- ☐ Heat oil in medium skillet. Fry potatoes and one teaspoon salt in oil until golden.
- ☐ Add red and green peppers and onion; cook 5 minutes. Spoon into a greased 13"x9" casserole dish and top with sausage.
- ☐ Mix together egg substitute, milk, flour, 1/2 teaspoon salt and pepper in mixing bowl.
- ☐ Pour egg mixture over potato mixture; sprinkle with cheese.
- ☐ Bake, uncovered, at 350 degrees for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:44.09, Glycemic Load:15.82, Inflammation Score:-7, Nutrition Score:17.440869704537%

Flavonoids

Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 300.67kcal (15.03%), Fat: 15.25g (23.46%), Saturated Fat: 5.96g (37.23%), Carbohydrates: 25.66g (8.55%), Net Carbohydrates: 22.43g (8.16%), Sugar: 4.82g (5.35%), Cholesterol: 38.2mg (12.73%), Sodium: 817.89mg (35.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.85g (31.71%), Vitamin C: 53.42mg (64.75%),

Selenium: 24.21µg (34.58%), Vitamin B6: 0.58mg (29.17%), Phosphorus: 239.93mg (23.99%), Vitamin B2: 0.38mg (22.16%), Potassium: 752.4mg (21.5%), Calcium: 192.36mg (19.24%), Vitamin B1: 0.28mg (18.4%), Vitamin A: 837.32IU (16.75%), Vitamin B5: 1.51mg (15.13%), Vitamin B3: 2.9mg (14.52%), Zinc: 2.1mg (14.03%), Fiber: 3.22g (12.9%), Iron: 2.31mg (12.81%), Manganese: 0.25mg (12.6%), Magnesium: 47.97mg (11.99%), Vitamin B12: 0.71µg (11.81%), Folate: 41.88µg (10.47%), Vitamin D: 1.51µg (10.06%), Vitamin E: 1.5mg (10.02%), Copper: 0.17mg (8.55%), Vitamin K: 6µg (5.71%)