



## Country Breakfast Casserole

READY IN



75 min.

SERVINGS



11

CALORIES



292 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 6 slices bread cut into 1 inch cubes
- 16 ounce diestel breakfast sausage
- 6 eggs lightly beaten
- 1 spring onion chopped
- 0.5 cup milk
- 2 cups cheddar cheese shredded
- 1 cup water
- 2.6 ounce frangelico
- 2.6 ounce frangelico

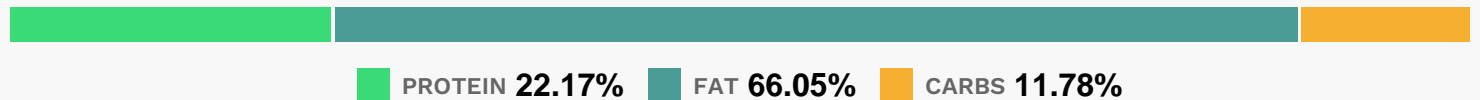
## Equipment

- frying pan
- oven
- knife
- whisk
- baking pan

## Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease an 11x8 inch baking dish.
- Brown sausage in a large skillet; drain fat.
- Combine sausage with green onion and spread evenly across the bottom of the baking dish. Top with shredded cheese.
- Whisk together eggs, water, milk, and gravy mix; add mixture to baking dish. Arrange bread squares evenly on top. If desired, drizzle melted butter over bread, and sprinkle with paprika.
- Bake 40 minutes in the preheated oven, or until a knife inserted into the center comes out clean. Set aside 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:16.7, Glycemic Load:4.25, Inflammation Score:-3, Nutrition Score:9.915217332218%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 292.35kcal (14.62%), Fat: 21.26g (32.7%), Saturated Fat: 8.64g (53.98%), Carbohydrates: 8.53g (2.84%), Net Carbohydrates: 7.89g (2.87%), Sugar: 1.59g (1.77%), Cholesterol: 140.85mg (46.95%), Sodium: 508.41mg (22.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.05g (32.1%), Selenium: 17.8µg (25.43%), Phosphorus: 228.59mg (22.86%), Calcium: 196.57mg (19.66%), Vitamin B2: 0.31mg (17.96%), Zinc: 2.17mg (14.46%), Vitamin B3:

2.84mg (14.2%), Vitamin B12: 0.84µg (14.03%), Vitamin B1: 0.2mg (13.24%), Vitamin B6: 0.21mg (10.28%),  
Manganese: 0.2mg (9.75%), Vitamin B5: 0.9mg (8.97%), Vitamin D: 1.26µg (8.41%), Iron: 1.48mg (8.2%), Vitamin A:  
395.54IU (7.91%), Folate: 29.69µg (7.42%), Magnesium: 22.23mg (5.56%), Potassium: 192.39mg (5.5%), Copper:  
0.08mg (3.92%), Vitamin K: 3.77µg (3.59%), Vitamin E: 0.52mg (3.5%), Fiber: 0.64g (2.56%)