

Country Sunday Breakfast Casserole

 Gluten Free

READY IN



85 min.

SERVINGS



11

CALORIES



291 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 16 ounce bulk breakfast sausage
- ☐ 6 eggs lightly beaten
- ☐ 1 green onion chopped
- ☐ 16 ounce hash brown potatoes
- ☐ 1 cup milk
- ☐ 2 cups cheddar cheese shredded
- ☐ 2.6 ounce country gravy mix
- ☐ 2.6 ounce country gravy mix

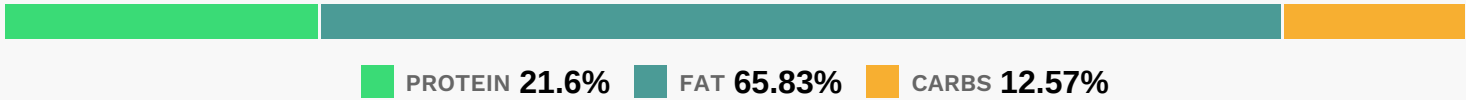
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease an 8x11-inch baking dish.
- ☐ Cook and stir breakfast sausage in a skillet over medium heat until browned and crumbly, about 10 minutes; drain excess grease.
- ☐ Mix green onion into sausage and spread mixture over bottom of the prepared baking dish.
- ☐ Spread hash brown potatoes in a layer over sausage; top with Cheddar cheese.
- ☐ Whisk eggs, milk, and gravy mix together in a bowl until smooth; pour over casserole. Season with paprika.
- ☐ Bake in the preheated oven until a knife inserted into the center of the casserole comes out clean, about 1 hour.
- ☐ Let stand 10 minutes to firm up before serving.

Nutrition Facts



Properties

Glycemic Index:14.18, Glycemic Load:2.63, Inflammation Score:-3, Nutrition Score:9.6134783599688%

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: 290.97kcal (14.55%), Fat: 21.18g (32.58%), Saturated Fat: 8.8g (55.02%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 8.49g (3.09%), Sugar: 1.25g (1.39%), Cholesterol: 142.18mg (47.39%), Sodium: 448.38mg (19.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.63g (31.26%), Phosphorus: 239.47mg (23.95%), Selenium: 13.73µg (19.62%), Calcium: 194.6mg (19.46%), Vitamin B2: 0.29mg (16.93%), Vitamin B12: 0.9µg (15.03%), Zinc: 2.14mg (14.27%), Vitamin B3: 2.68mg (13.42%), Vitamin B1: 0.18mg (12.13%), Vitamin B6: 0.23mg (11.56%), Vitamin B5: 0.95mg (9.46%), Vitamin D: 1.38µg (9.22%), Potassium: 305.01mg (8.71%), Vitamin A: 413.2IU (8.26%), Iron: 1.33mg (7.39%), Magnesium: 21.62mg (5.4%), Vitamin C: 3.88mg (4.7%), Copper: 0.09mg (4.66%), Folate: 18.35µg (4.59%), Manganese: 0.07mg (3.68%), Vitamin E: 0.5mg (3.34%), Vitamin K: 3.05µg (2.91%), Fiber: 0.61g (2.42%)