



Do-Ahead Sausage Breakfast Bake

 **Gluten Free**

READY IN



565 min.

SERVINGS



12

CALORIES



291 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 1 lb sausage meat
- 1 tablespoon dehydrated onion dried chopped
- 6 eggs
- 10.4 oz hash browns shredded
- 3.5 cups milk
- 0.5 teaspoon pepper
- 1 cup bell pepper red chopped
- 8 oz cheddar cheese shredded

- 1 cup frangelico
- 1 cup frangelico

Equipment

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

Directions

- Heat oven to 375F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 12-inch skillet, cook sausage over medium-high heat 5 to 7 minutes, stirring occasionally, until sausage is thoroughly cooked; drain.
- In large bowl, mix cooked sausage, uncooked potatoes, bell pepper, onion and 1 cup of the cheese.
- Spread in baking dish.
- In medium bowl, stir Bisquick mix, pepper, milk and eggs until blended.
- Pour over potato mixture.
- Sprinkle with remaining 1 cup cheese. Cover with foil; refrigerate at least 8 hours but no longer than 24 hours.
- Bake covered 30 minutes. Uncover; bake 18 to 22 minutes longer or until light golden brown around edges.
- Let stand 10 minutes before serving.

Nutrition Facts

PROTEIN 21.88% **FAT 65.12%** **CARBS 13%**

Properties

Glycemic Index:15.67, Glycemic Load:2.8, Inflammation Score:-6, Nutrition Score:11.695652147998%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 291.22kcal (14.56%), Fat: 21.02g (32.34%), Saturated Fat: 9.01g (56.34%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 8.78g (3.19%), Sugar: 4.24g (4.72%), Cholesterol: 136.5mg (45.5%), Sodium: 428.3mg (18.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.89g (31.78%), Phosphorus: 269.2mg (26.92%), Calcium: 241.64mg (24.16%), Vitamin C: 18.49mg (22.41%), Vitamin B2: 0.34mg (20.16%), Selenium: 13.57µg (19.38%), Vitamin B12: 1.1µg (18.36%), Vitamin A: 841.11IU (16.82%), Zinc: 2.18mg (14.54%), Vitamin B6: 0.27mg (13.7%), Vitamin B1: 0.19mg (12.72%), Vitamin D: 1.83µg (12.18%), Vitamin B3: 2.41mg (12.07%), Vitamin B5: 1.06mg (10.6%), Potassium: 349.49mg (9.99%), Magnesium: 26.29mg (6.57%), Iron: 1.14mg (6.35%), Folate: 22.09µg (5.52%), Vitamin E: 0.68mg (4.52%), Manganese: 0.08mg (3.95%), Copper: 0.08mg (3.85%), Fiber: 0.66g (2.66%), Vitamin K: 1.64µg (1.57%)