



Easy Sausage Strata

 Popular

READY IN



600 min.

SERVINGS



8

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce bread cubed
- ☐ 6 eggs
- ☐ 1 teaspoon ground mustard dry
- ☐ 2 cups milk
- ☐ 1 pound pork sausage
- ☐ 1 teaspoon salt
- ☐ 2 cups cheddar cheese shredded

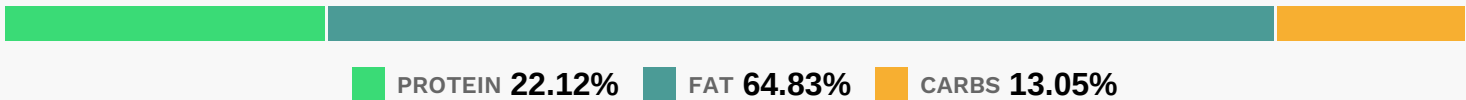
Equipment

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

Directions

- ☐ Place sausage in a large, deep skillet. Cook over medium–high heat until evenly brown.
- ☐ Drain, and set aside.
- ☐ Layer bread cubes, sausage, and Cheddar cheese in a lightly greased 7x11 inch baking dish. In a bowl, beat together the eggs, milk, salt, and mustard.
- ☐ Pour the egg mixture over the bread cube mixture. Cover, and refrigerate at least 8 hours or overnight.
- ☐ Remove the casserole from the refrigerator 30 minutes before baking. Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bake 50 to 60 minutes in the preheated oven, or until a knife inserted in the center comes out clean.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:18.96, Glycemic Load:6.69, Inflammation Score:-4, Nutrition Score:15.032608926296%

Nutrients (% of daily need)

Calories: 430.94kcal (21.55%), Fat: 30.79g (47.37%), Saturated Fat: 12.73g (79.57%), Carbohydrates: 13.95g (4.65%), Net Carbohydrates: 13.06g (4.75%), Sugar: 4.38g (4.87%), Cholesterol: 199.15mg (66.38%), Sodium: 1006.69mg (43.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.64g (47.27%), Selenium: 25.93µg (37.04%), Phosphorus: 362.38mg (36.24%), Calcium: 325.76mg (32.58%), Vitamin B2: 0.48mg (28.41%), Vitamin B12: 1.4µg (23.41%), Zinc: 3.18mg (21.2%), Vitamin B1: 0.3mg (20.06%), Vitamin B3: 3.97mg (19.85%), Vitamin B6: 0.31mg (15.54%), Vitamin D: 2.24µg (14.92%), Vitamin B5: 1.41mg (14.07%), Manganese: 0.28mg (13.88%), Vitamin A: 603.11IU (12.06%), Iron: 2.04mg (11.35%), Folate: 40.49µg (10.12%), Potassium: 331.29mg (9.47%), Magnesium:

36.5mg (9.12%), Copper: 0.1mg (5.22%), Vitamin E: 0.75mg (5%), Fiber: 0.88g (3.52%), Vitamin K: 2.24µg (2.14%)