



Egg and Sausage Souffle

 Gluten Free

READY IN



595 min.

SERVINGS



8

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups bulk pork sausage
- 10.8 ounce condensed golden mushroom soup canned
- 3 cups herb seasoned croutons
- 4 eggs
- 0.8 teaspoon ground mustard
- 0.5 cup milk
- 2.5 cups cheddar cheese shredded

Equipment

- frying pan
- oven
- mixing bowl
- baking pan

Directions

- Brown sausage in a large skillet over medium-high heat; drain fat.
- Place croutons in a 9X13 inch baking dish.
- Sprinkle cheese over croutons; top with browned sausage. Beat eggs and 2 1/2 cups of milk in a mixing bowl, and pour over the casserole. Cover baking dish, and refrigerate overnight.
- The following morning, preheat oven to 300 degrees F (150 degrees C).
- Combine the mushroom soup, ground mustard, and the remaining 1/2 cup milk; pour over the top of the casserole.
- Bake, uncovered, until browned and set, about 1 1/2 hours.

Nutrition Facts

PROTEIN 22.13% **FAT 65.21%** **CARBS 12.66%**

Properties

Glycemic Index:20.63, Glycemic Load:6.04, Inflammation Score:-4, Nutrition Score:12.128695716029%

Nutrients (% of daily need)

Calories: 383.48kcal (19.17%), Fat: 27.55g (42.39%), Saturated Fat: 12.11g (75.69%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 11.36g (4.13%), Sugar: 0.94g (1.05%), Cholesterol: 151.4mg (50.47%), Sodium: 886.12mg (38.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.03g (42.07%), Selenium: 21.65µg (30.92%), Phosphorus: 303.44mg (30.34%), Calcium: 295.12mg (29.51%), Vitamin B2: 0.38mg (22.53%), Zinc: 3.09mg (20.62%), Vitamin B12: 1.07µg (17.89%), Vitamin B3: 3.01mg (15.04%), Vitamin B1: 0.22mg (14.89%), Vitamin B6: 0.22mg (10.98%), Vitamin A: 529.18IU (10.58%), Vitamin B5: 0.95mg (9.46%), Manganese: 0.19mg (9.38%), Iron: 1.65mg (9.19%), Vitamin D: 1.37µg (9.14%), Folate: 36µg (9%), Copper: 0.15mg (7.57%), Potassium: 248.85mg (7.11%), Magnesium: 26.78mg (6.7%), Vitamin E: 0.59mg (3.96%), Fiber: 0.67g (2.69%), Vitamin K: 1.14µg (1.08%)