



food  
network

## Egg Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



724 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

## Ingredients

- 6 servings butter for baking dish
- 3 large egg yolks
- 5 large eggs
- 4 tablespoons parsley leaves fresh chopped
- 2 garlic cloves minced
- 1 cup half-and-half
- 1 pound sausage sweet italian
- 0.5 teaspoon kosher salt

- 2 cups mozzarella cheese grated
- 0.5 cup oil-packed sun-dried tomatoes drained chopped
- 0.5 cup shallots chopped
- 1 cup whipping cream

## Equipment

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

## Directions

- Preheat oven to 375 degrees F. Butter 13 by 9 by 2-inch glass baking dish.
- Saute sausage in medium nonstick skillet over medium heat until brown and cooked through, breaking up with back of fork into small pieces, about 10 minutes.
- Add shallots and garlic and saute 3 minutes.
- Add sun-dried tomatoes and 2 tablespoons parsley; stir 1 minute.
- Spread sausage mixture into the prepared dish. (Can be made 1 day ahead, covered and refrigerated.)
- Whisk eggs, egg yolks, half-and-half, whipping cream, 1 1/2 cups cheese, and salt in large bowl and blend well.
- Pour egg mixture over sausage mixture in the baking dish.
- Sprinkle with remaining 1/2-cup cheese and 2 tablespoons parsley.
- Bake until top of the casserole is golden brown and knife inserted into center comes out clean, about 30 minutes.
- Let stand 5 minutes before serving.

## Nutrition Facts

PROTEIN **16.47%** FAT **76.01%** CARBS **7.52%**

## Properties

Glycemic Index:37.83, Glycemic Load:2.48, Inflammation Score:-8, Nutrition Score:24.798695875251%

## Flavonoids

Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 724.37kcal (36.22%), Fat: 61.58g (94.73%), Saturated Fat: 30.12g (188.26%), Carbohydrates: 13.7g (4.57%), Net Carbohydrates: 11.84g (4.3%), Sugar: 8.44g (9.38%), Cholesterol: 403.44mg (134.48%), Sodium: 1125.04mg (48.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.01g (60.02%), Selenium: 46.06µg (65.8%), Vitamin K: 51.04µg (48.61%), Phosphorus: 465.22mg (46.52%), Vitamin B2: 0.68mg (39.7%), Vitamin B1: 0.56mg (37.14%), Vitamin B12: 2.22µg (37.07%), Vitamin A: 1756.41IU (35.13%), Calcium: 329.96mg (33%), Zinc: 3.74mg (24.9%), Vitamin B6: 0.49mg (24.43%), Potassium: 777.62mg (22.22%), Iron: 3.33mg (18.51%), Vitamin B5: 1.82mg (18.19%), Vitamin B3: 3.51mg (17.56%), Manganese: 0.32mg (16.02%), Folate: 60.62µg (15.16%), Vitamin D: 2.08µg (13.84%), Vitamin C: 11.14mg (13.51%), Magnesium: 53.9mg (13.47%), Copper: 0.26mg (13.19%), Vitamin E: 1.34mg (8.93%), Fiber: 1.87g (7.47%)