

Egg Casserole

READY IN



30 min.

SERVINGS



6

CALORIES



858 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 12 eggs beaten
- ☐ 1.5 pounds ground breakfast sausage
- ☐ 16 ounces cheddar cheese shredded divided
- ☐ 7 slices bread white

Equipment

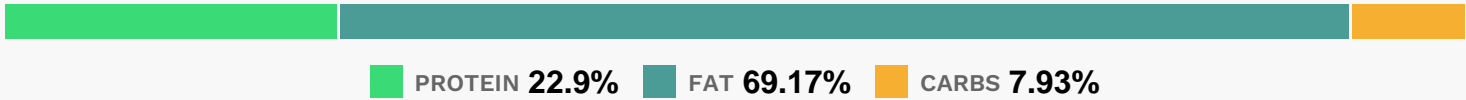
- ☐ bowl
- ☐ frying pan
- ☐ oven

- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Brown sausage in a large skillet over medium-high heat.
- ☐ Drain off grease, and set aside to cool.
- ☐ Pour the eggs into a lightly greased 9x13 inch baking dish.
- ☐ In a separate large bowl, combine the sausage, bread and 12 ounces of the cheese.
- ☐ Mix well and pour this into the egg mixture. Top with the remaining 4 ounces of cheese and cover with foil.
- ☐ Bake at 350 degrees F (175 degrees C) for 15 minutes, uncover, and bake until casserole is golden brown and bubbly.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:10.73, Inflammation Score:-7, Nutrition Score:27.907391732154%

Nutrients (% of daily need)

Calories: 857.76kcal (42.89%), Fat: 65.2g (100.31%), Saturated Fat: 27.48g (171.77%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 16.16g (5.88%), Sugar: 2.13g (2.37%), Cholesterol: 484.61mg (161.54%), Sodium: 1479.71mg (64.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.56g (97.13%), Selenium: 55.18µg (78.82%), Phosphorus: 706.53mg (70.65%), Calcium: 655.51mg (65.55%), Vitamin B2: 0.94mg (55.52%), Zinc: 6.63mg (44.18%), Vitamin B12: 2.55µg (42.47%), Vitamin B1: 0.52mg (34.46%), Vitamin B3: 6.83mg (34.13%), Vitamin B6: 0.58mg (28.78%), Vitamin A: 1318.04IU (26.36%), Vitamin B5: 2.58mg (25.78%), Vitamin D: 3.69µg (24.59%), Folate: 90.74µg (22.69%), Iron: 3.9mg (21.66%), Potassium: 495mg (14.14%), Magnesium: 54.72mg (13.68%), Vitamin E: 1.77mg (11.8%), Manganese: 0.21mg (10.53%), Copper: 0.2mg (9.97%), Fiber: 0.67g (2.68%), Vitamin K: 2.59µg (2.47%)