



## Father's Day Casserole

READY IN



60 min.

SERVINGS



15

CALORIES



298 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 16 ounce buttermilk biscuit dough refrigerated canned (such as Pillsbury Grands!®)
- 16 ounce bulk pork sausage
- 5 eggs
- 3 cups hash brown potatoes frozen thawed
- 1.5 cups mexican cheese blend shredded

### Equipment

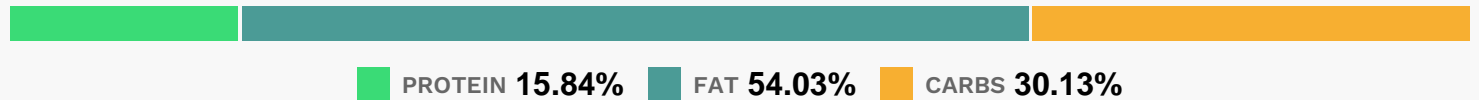
- bowl
- frying pan

- oven
- whisk
- baking pan

## Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- Heat a large skillet over medium-high heat and stir in the sausage. Cook and stir until the sausage is crumbly, evenly browned, and no longer pink, about 5 minutes.
- Drain and discard any excess grease. Stir in the hash brown potatoes, cooking and stirring until potatoes are browned, about 5 minutes more.
- Line the bottom of the prepared baking dish with a layer of buttermilk biscuits, splitting the biscuits in half to completely cover the dish.
- Spread the sausage and hash brown mixture evenly over the biscuits, and sprinkle the Mexican cheese on top.
- Whisk together the eggs and milk in a bowl, and pour over the cheese.
- Bake in the preheated oven until the eggs set, about 25 minutes.

## Nutrition Facts



## Properties

Glycemic Index:8.27, Glycemic Load:11.4, Inflammation Score:-2, Nutrition Score:8.9243478101233%

## Nutrients (% of daily need)

Calories: 297.81kcal (14.89%), Fat: 17.86g (27.48%), Saturated Fat: 5.84g (36.53%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 21.43g (7.79%), Sugar: 1.24g (1.38%), Cholesterol: 87.27mg (29.09%), Sodium: 575.23mg (25.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.78g (23.57%), Phosphorus: 268.69mg (26.87%), Vitamin B1: 0.26mg (17.43%), Selenium: 11.99µg (17.13%), Vitamin B3: 3.16mg (15.79%), Vitamin B2: 0.23mg (13.75%), Iron: 2.07mg (11.49%), Calcium: 103.76mg (10.38%), Vitamin B12: 0.57µg (9.46%), Zinc: 1.42mg (9.44%), Manganese: 0.19mg (9.4%), Vitamin B6: 0.18mg (8.75%), Potassium: 292.19mg (8.35%), Folate: 31.5µg (7.87%), Vitamin B5: 0.68mg (6.82%), Copper: 0.1mg (5%), Vitamin D: 0.74µg (4.95%), Magnesium: 18.55mg (4.64%), Vitamin C: 3.66mg (4.43%), Vitamin E: 0.64mg (4.26%), Fiber: 0.98g (3.92%), Vitamin A: 176.29IU (3.53%), Vitamin K: 1.68µg (1.6%)