



## Holiday Breakfast Bake

READY IN



50 min.

SERVINGS



8

CALORIES



568 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 16.3 oz grands flaky refrigerator biscuits refrigerated canned
- 12 oz sausage meat
- 10 eggs
- 0.3 cup bell pepper green chopped
- 0.3 cup onion chopped
- 0.3 cup bell pepper red chopped
- 4 oz cheddar cheese shredded

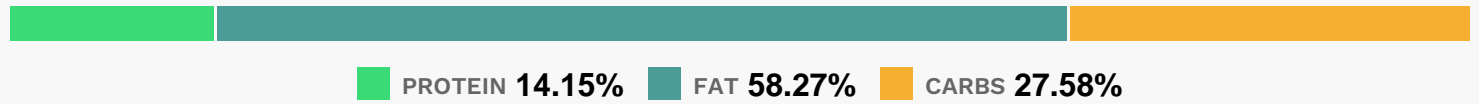
### Equipment

- bowl
- oven
- baking pan

## Directions

- Heat oven to 375F. Spray 13x9-inch (3-quart) baking dish with cooking spray. In 10-inch skillet, brown sausage, onion and bell peppers; drain well.
- In large bowl, beat eggs. Stir in cheese and sausage mixture. Separate dough into 8 biscuits. Press biscuits into bottom of baking dish.
- Pour sausage mixture over biscuit crust.
- Bake 25 to 30 minutes or until egg mixture is set and crust is deep golden brown. Cool 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:23.43, Inflammation Score:-6, Nutrition Score:15.669130491174%

## Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

## Nutrients (% of daily need)

Calories: 568.18kcal (28.41%), Fat: 36.5g (56.16%), Saturated Fat: 12.87g (80.45%), Carbohydrates: 38.88g (12.96%), Net Carbohydrates: 37.78g (13.74%), Sugar: 13.42g (14.91%), Cholesterol: 249.39mg (83.13%), Sodium: 645.86mg (28.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.94g (39.88%), Selenium: 24.52µg (35.02%), Vitamin B2: 0.56mg (32.7%), Phosphorus: 274.14mg (27.41%), Vitamin B1: 0.36mg (23.79%), Vitamin B3: 4.04mg (20.21%), Folate: 80.78µg (20.2%), Iron: 3.24mg (18%), Vitamin B12: 1µg (16.69%), Vitamin C: 13.73mg (16.64%), Zinc: 2.47mg (16.47%), Vitamin B6: 0.31mg (15.72%), Vitamin E: 2.3mg (15.31%), Vitamin A: 738.09IU (14.76%), Calcium: 144.94mg (14.49%), Manganese: 0.29mg (14.46%), Vitamin B5: 1.4mg (13.95%), Vitamin D: 1.74µg (11.59%), Potassium: 276.8mg (7.91%), Vitamin K: 7.82µg (7.45%), Magnesium: 26.5mg (6.62%), Copper: 0.13mg (6.6%), Fiber: 1.1g (4.4%)