



Italian Brunch Casserole

READY IN



90 min.

SERVINGS



10

CALORIES



617 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 10 servings cheddar cheese
- ☐ 6 large eggs
- ☐ 1 cup spring onion sliced
- ☐ 1 loaf bread crumbs italian cut into 1-inch cubes (8 cups)
- ☐ 8 oz sausage sweet italian
- ☐ 1.5 cups milk 1%
- ☐ 0.5 teaspoon pepper
- ☐ 7 oz roasted peppers red drained chopped
- ☐ 1 teaspoon salt

- ☐ 2 cups sharp cheddar cheese shredded
- ☐ 3 cups zucchini diced

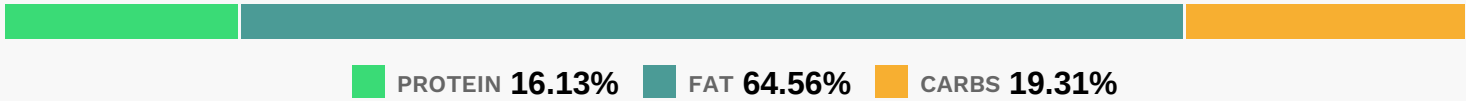
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 32
- ☐ Remove and discard casings from sausage. Cook sausage in a large skillet, stirring until sausage crumbles and is no longer pink; drain.
- ☐ Add onions, zucchini, salt and pepper. Saut for 4 minutes. Stir in roasted peppers; drain and cool.
- ☐ Spread 4 cups Italian bread cubes in a lightly greased 13-by-9-inch baking dish. Top the layer of cubes with half of the sausage mixture and half of the cheese. Create another layer with remaining bread, sausage and cheese.
- ☐ Whisk together eggs and milk.
- ☐ Pour egg mixture over cheese. Cover and chill for 8 hours.
- ☐ Bake, covered, for at least 1 hour or until bubbly and hot.

Nutrition Facts



Properties

Glycemic Index:16.1, Glycemic Load:0.67, Inflammation Score:-7, Nutrition Score:18.284782471864%

Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 617.32kcal (30.87%), Fat: 44.37g (68.26%), Saturated Fat: 22.54g (140.86%), Carbohydrates: 29.86g (9.95%), Net Carbohydrates: 27.38g (9.96%), Sugar: 17.2g (19.11%), Cholesterol: 183.21mg (61.07%), Sodium: 1243.08mg (54.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.94g (49.87%), Calcium: 459.24mg (45.92%), Selenium: 30.66µg (43.8%), Phosphorus: 407.7mg (40.77%), Vitamin B2: 0.55mg (32.15%), Vitamin K: 23.85µg (22.72%), Vitamin C: 18.22mg (22.09%), Zinc: 3.16mg (21.08%), Vitamin B12: 1.25µg (20.78%), Vitamin A: 1036.28IU (20.73%), Folate: 74.73µg (18.68%), Vitamin B1: 0.27mg (17.8%), Vitamin B3: 3.2mg (15.98%), Vitamin B6: 0.28mg (13.95%), Potassium: 448.91mg (12.83%), Iron: 2.28mg (12.69%), Magnesium: 43.98mg (11%), Vitamin B5: 1.01mg (10.13%), Fiber: 2.48g (9.92%), Vitamin D: 1.3µg (8.7%), Manganese: 0.15mg (7.74%), Copper: 0.11mg (5.64%), Vitamin E: 0.82mg (5.45%)