



WHATSheATE



Italian Brunch Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



628 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 16 ounce bread loaf italian cut into 1-inch cubes (8 cups)
- ☐ 6 large eggs
- ☐ 1 cup green onions sliced
- ☐ 8 ounce sausage sweet italian
- ☐ 1.5 cups milk
- ☐ 0.5 teaspoon pepper
- ☐ 7 ounce roasted bell peppers red drained chopped
- ☐ 1 teaspoon salt
- ☐ 8 ounces sharp cheddar cheese shredded

☐ 3 cups zucchini diced

Equipment

☐ frying pan

☐ oven

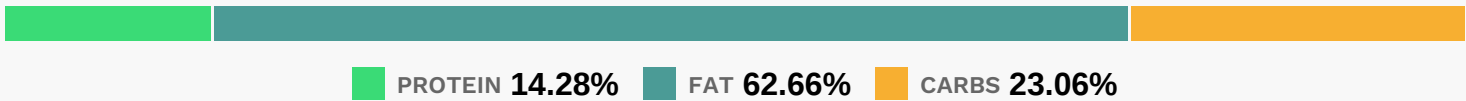
☐ whisk

☐ baking pan

Directions

- ☐ Remove and discard casings from sausage. Cook sausage in a large skillet, stirring until sausage crumbles and is no longer pink; drain.
- ☐ Add green onions and next 3 ingredients to skillet. Saut 4 minutes or until vegetables are tender. Stir in roasted bell peppers.
- ☐ Drain and cool.
- ☐ Spread 4 cups of bread cubes in a lightly greased 13- x 9-inch baking dish. Top with half each of the sausage mixture and cheese. Repeat with remaining bread, sausage, and cheese.
- ☐ Whisk together eggs and milk.
- ☐ Pour egg mixture over bread. Cover and chill 8 hours.
- ☐ Bake, covered, at 325 for 1 hour or until bubbly and hot.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.4, Inflammation Score:-7, Nutrition Score:18.239565144414%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 627.9kcal (31.39%), Fat: 43.82g (67.41%), Saturated Fat: 21.6g (135.03%), Carbohydrates: 36.29g (12.1%), Net Carbohydrates: 33.19g (12.07%), Sugar: 21.41g (23.79%), Cholesterol: 194.89mg (64.96%), Sodium: 1309.65mg (56.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.47g (44.93%), Selenium: 27.68µg (39.55%), Phosphorus: 338.99mg (33.9%), Calcium: 310.15mg (31.02%), Vitamin B2: 0.52mg (30.56%), Vitamin K: 29.01µg (27.63%), Vitamin C: 22.78mg (27.61%), Vitamin B1: 0.32mg (21.56%), Folate: 84.72µg (21.18%), Vitamin B3: 3.98mg (19.88%), Vitamin B12: 1.14µg (18.99%), Vitamin A: 907.98IU (18.16%), Zinc: 2.58mg (17.18%), Vitamin B6: 0.32mg (16.21%), Iron: 2.8mg (15.54%), Potassium: 530.77mg (15.16%), Fiber: 3.1g (12.42%), Magnesium: 45.07mg (11.27%), Vitamin B5: 1.12mg (11.23%), Manganese: 0.19mg (9.51%), Vitamin D: 1.42µg (9.49%), Copper: 0.13mg (6.43%), Vitamin E: 0.76mg (5.03%)