



Italian Sausage and Egg Bake

READY IN



175 min.

SERVINGS



6

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 to 12-ounce package baby spinach fresh drained
- ☐ 0.3 teaspoon pepper black freshly ground for seasoning
- ☐ 0.5 small loaf bread country-style cut into 1/2 to 1-inch cubes (1 1/2 cups)
- ☐ 6 large eggs
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1.5 cups log goat cheese crumbled
- ☐ 1 pound turkey sausage sweet italian
- ☐ 0.5 teaspoon kosher salt for seasoning
- ☐ 6.5 ounce oil-packed sun-dried tomatoes drained coarsely chopped

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 medium onion diced finely

Equipment

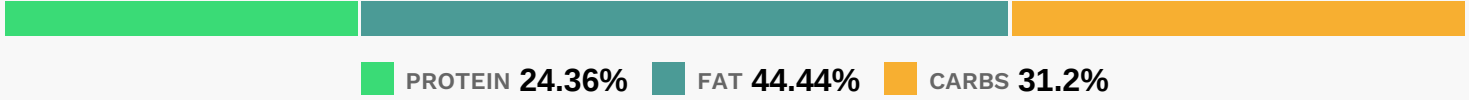
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ wooden spoon
- ☐ glass baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Toss the bread cubes with 1 tablespoon oil and spread evenly in a single layer on a rimmed baking sheet.
- ☐ Bake until the cubes begin to turn light golden around the edges, 10 to 12 minutes (do not over-brown as the bread cubes will continue to brown when baked atop the sausage in the dish).
- ☐ Remove from the oven and set aside.
- ☐ Heat the remaining oil in a large nonstick skillet over medium-high heat.
- ☐ Add the onion and sausage. Break up the sausage with a wooden spoon and cook until the sausage has cooked through and the onion is soft, 8 to 10 minutes.
- ☐ Add the spinach and cook, stirring frequently, until wilted, about 2 minutes.
- ☐ Add the sun-dried tomatoes and basil.
- ☐ Season with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Spread the mixture evenly into a 13-by-9-by-2-inch glass baking dish or ceramic baking dish.
- ☐ Sprinkle the goat cheese on the mixture and arrange the bread cubes on top. Make 6 slight indentations in the mixture, spacing apart. Cover and chill. This can be prepared 2 hours ahead.

- ☐
- Crack 1 egg into each indentation, making sure to keep the yolks intact.
- ☐
- Sprinkle the eggs lightly with salt and freshly ground black pepper.
- ☐
- Bake until the egg whites are set but yolks are still runny, about 15 minutes (or 18 minutes for a fully cooked yolk).

Nutrition Facts



Properties

Glycemic Index:41.61, Glycemic Load:18.87, Inflammation Score:-9, Nutrition Score:36.648260862931%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 624.6kcal (31.23%), Fat: 31.51g (48.48%), Saturated Fat: 13.59g (84.92%), Carbohydrates: 49.77g (16.59%), Net Carbohydrates: 42.67g (15.52%), Sugar: 18.69g (20.77%), Cholesterol: 252.17mg (84.06%), Sodium: 1478.27mg (64.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.86g (77.72%), Iron: 14.18mg (78.8%), Selenium: 51.85µg (74.07%), Manganese: 1.42mg (71.02%), Phosphorus: 573.21mg (57.32%), Copper: 1.07mg (53.42%), Vitamin B2: 0.88mg (51.57%), Vitamin B3: 9.05mg (45.24%), Vitamin C: 37.08mg (44.94%), Potassium: 1405.23mg (40.15%), Vitamin B6: 0.71mg (35.31%), Vitamin B1: 0.52mg (34.57%), Magnesium: 120.52mg (30.13%), Vitamin K: 30.99µg (29.51%), Vitamin B5: 2.89mg (28.87%), Vitamin A: 1426.92IU (28.54%), Fiber: 7.1g (28.42%), Folate: 112.59µg (28.15%), Zinc: 4.02mg (26.83%), Calcium: 235.52mg (23.55%), Vitamin B12: 0.88µg (14.63%), Vitamin E: 1.45mg (9.69%), Vitamin D: 1.23µg (8.18%)