



Italian Sausage Strata

READY IN



310 min.

SERVINGS



12

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb sausage meat italian
- ☐ 2 cups broccoli florets frozen 100% thawed
- ☐ 0.5 cup bell pepper red chopped
- ☐ 4 muffins split english cut into large cubes (5 cups)
- ☐ 1.5 cups mild cheddar cheese shredded finely
- ☐ 8 eggs
- ☐ 2.5 cups milk
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon basil dried

☐ 0.5 cup parmesan fresh shredded

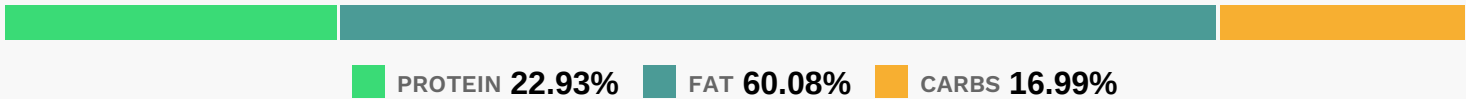
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Spray 13x9-inch (3-quart) glass baking dish with nonstick cooking spray. Brown sausage in large skillet over medium heat until no longer pink, stirring frequently.
- ☐ Drain.
- ☐ Add broccoli and bell pepper; cook and stir 2 to 3 minutes or until vegetables are crisp-tender.
- ☐ Place English muffin cubes in sprayed baking dish. Top with sausage mixture.
- ☐ Sprinkle with Cheddar cheese.
- ☐ Beat eggs in large bowl.
- ☐ Add milk, salt and basil; beat well.
- ☐ Pour over sausage mixture.
- ☐ Sprinkle with Parmesan cheese. Cover; refrigerate at least 4 hours or overnight.
- ☐ Heat oven to 350°F. Uncover baking dish; bake 40 to 45 minutes or until knife inserted in center comes out clean.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21.58, Glycemic Load:7.48, Inflammation Score:-5, Nutrition Score:13.144782584646%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 312.84kcal (15.64%), Fat: 20.74g (31.91%), Saturated Fat: 8.66g (54.1%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 12.15g (4.42%), Sugar: 3.15g (3.5%), Cholesterol: 159.39mg (53.13%), Sodium: 650.84mg (28.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.81g (35.62%), Phosphorus: 291.07mg (29.11%), Vitamin C: 21.76mg (26.37%), Calcium: 249.99mg (25%), Vitamin B2: 0.38mg (22.31%), Selenium: 15.29µg (21.85%), Vitamin B12: 1.06µg (17.74%), Vitamin K: 17.29µg (16.47%), Zinc: 2.25mg (15.03%), Vitamin A: 732.35IU (14.65%), Vitamin B1: 0.2mg (13.23%), Vitamin B6: 0.26mg (13.17%), Vitamin B3: 2.33mg (11.64%), Vitamin D: 1.74µg (11.62%), Vitamin B5: 1.16mg (11.62%), Folate: 36.99µg (9.25%), Potassium: 312.21mg (8.92%), Iron: 1.33mg (7.41%), Magnesium: 28.78mg (7.19%), Manganese: 0.13mg (6.27%), Vitamin E: 0.74mg (4.94%), Copper: 0.09mg (4.33%), Fiber: 1.05g (4.21%)