



## Jimmy Dean Breakfast Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



1214 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

## Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 6 cups bread cubed
- ☐ 2 teaspoons mustard dry
- ☐ 10 eggs lightly beaten
- ☐ 3 cups milk
- ☐ 16 ounce regular flavor jimmy dean pork sausage
- ☐ 1 teaspoon salt
- ☐ 2 cups sharp cheddar cheese shredded

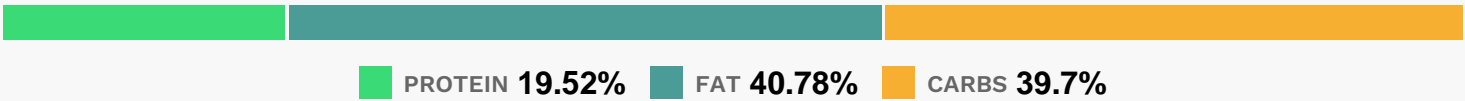
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 325 F. In large skillet, cook sausage over medium-high heat, stirring frequently until thoroughly cooked and no longer pink. In large mixing bowl, combine eggs, milk, mustard and salt; stir well.
- ☐ Distribute half the bread evenly in a buttered 9 x 13 x 2 inch baking dish.
- ☐ Sprinkle with half the pepper, half the cheese, half the sausage and half of each optional ingredient. Repeat layering using remaining bread, pepper, cheese, sausage and optional ingredients.
- ☐ Pour egg mixture evenly over casserole.
- ☐ Bake uncovered for 55-60 minutes, or until eggs are set. Tent with foil if top begins to brown too quickly.

## Nutrition Facts



## Properties

Glycemic Index:30.61, Glycemic Load:62.81, Inflammation Score:-8, Nutrition Score:47.539565521738%

## Nutrients (% of daily need)

Calories: 1213.62kcal (60.68%), Fat: 54.71g (84.16%), Saturated Fat: 20.11g (125.69%), Carbohydrates: 119.82g (39.94%), Net Carbohydrates: 110.23g (40.08%), Sugar: 19.87g (22.07%), Cholesterol: 379.54mg (126.51%), Sodium: 2384.4mg (103.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.93g (117.86%), Selenium: 105.02µg (150.04%), Manganese: 2.89mg (144.58%), Vitamin B1: 1.29mg (86.29%), Phosphorus: 853.97mg (85.4%), Vitamin B3: 17.02mg (85.08%), Vitamin B2: 1.36mg (80%), Calcium: 762.72mg (76.27%), Folate: 245.34µg (61.34%), Iron: 10.78mg (59.89%), Zinc: 6.97mg (46.49%), Vitamin B5: 4.19mg (41.9%), Vitamin B12: 2.35µg (39.22%), Fiber: 9.59g

(38.35%), Vitamin B6: 0.72mg (36.11%), Magnesium: 143.96mg (35.99%), Vitamin D: 4.02µg (26.78%), Potassium: 841.49mg (24.04%), Copper: 0.47mg (23.67%), Vitamin A: 1033.61IU (20.67%), Vitamin K: 13.69µg (13.04%), Vitamin E: 1.74mg (11.61%), Vitamin C: 1.05mg (1.27%)