

JK's Sausage Casserole

READY IN



65 min.

SERVINGS



6

CALORIES



515 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 slices bread
- 6 eggs
- 1 pound sausage meat fresh
- 2 cups milk
- 1 onion thinly sliced
- 1.5 cups cheddar cheese shredded

Equipment

- bowl

- frying pan
- oven
- casserole dish

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a skillet, brown the sausage, drain and place in a square casserole dish. Cover top of sausage with onion slices. Cover top of onion with cheese.
- Place 4 slices of bread on top of the cheese. Bread should fit exactly to cover top of the dish.
- Mix eggs and milk in a bowl and slowly pour over top of bread, mixture should fill dish almost to the top.
- Bake in a preheated oven for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:29.78, Glycemic Load:6.77, Inflammation Score:-5, Nutrition Score:17.910869805709%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 515.28kcal (25.76%), Fat: 37.31g (57.4%), Saturated Fat: 15.1g (94.38%), Carbohydrates: 15.38g (5.13%), Net Carbohydrates: 14.32g (5.21%), Sugar: 6.02g (6.68%), Cholesterol: 256.12mg (85.37%), Sodium: 847.98mg (36.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.4g (56.8%), Phosphorus: 430.11mg (43.01%), Selenium: 28.52µg (40.74%), Calcium: 358.76mg (35.88%), Vitamin B2: 0.58mg (34.24%), Vitamin B12: 1.77µg (29.55%), Zinc: 3.8mg (25.36%), Vitamin B1: 0.36mg (24.29%), Vitamin B3: 4.75mg (23.77%), Vitamin B6: 0.42mg (20.9%), Vitamin D: 2.93µg (19.51%), Vitamin B5: 1.78mg (17.77%), Vitamin A: 709.86IU (14.2%), Manganese: 0.27mg (13.42%), Iron: 2.36mg (13.14%), Potassium: 445.04mg (12.72%), Folate: 46.72µg (11.68%), Magnesium: 42.74mg (10.68%), Copper: 0.13mg (6.32%), Vitamin E: 0.9mg (5.98%), Fiber: 1.06g (4.23%), Vitamin C: 1.92mg (2.33%), Vitamin K: 2.34µg (2.23%)