



Make-Ahead Breakfast Casserole

 Gluten Free

READY IN



73 min.

SERVINGS



12

CALORIES



463 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 4 oz mushrooms drained chopped canned
- 50.5 oz cream of mushroom soup canned
- 10.5 cups seasoned croutons
- 0.3 tsp mustard dry
- 4 eggs
- 5.3 cups milk
- 1 cup monterrey jack cheese shredded
- 1 lb bob evans original recipe sausage roll

- 1 cup sharp cheddar cheese shredded
- 10 oz pkt spinach frozen dry thawed chopped

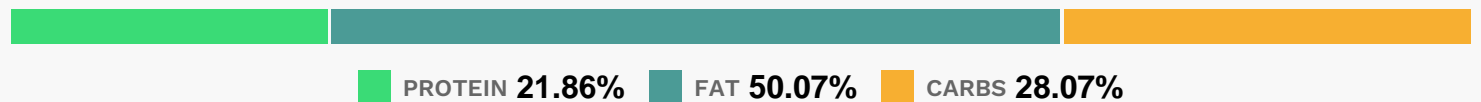
Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Spread croutons on bottom of greased 13" x 9" baking dish. Crumble and cook sausage in medium skillet over medium heat until browned.
- Drain.
- Spread over croutons.
- Whisk eggs and milk in bowl until blended. Stir in soup, spinach, mushrooms, cheeses and mustard.
- Pour egg mixture over sausage and croutons. Refrigerate overnight. Preheat oven to 325F.
- Bake egg mixture 50-55 minutes or until set and lightly browned on top.
- Garnish with herb sprigs and carrot, if desired.
- Serve hot with picante sauce, if desired. Refrigerate leftovers.;

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:14.9, Inflammation Score:-9, Nutrition Score:24.647391334824%

Nutrients (% of daily need)

Calories: 462.52kcal (23.13%), Fat: 25.67g (39.49%), Saturated Fat: 11.22g (70.11%), Carbohydrates: 32.37g (10.79%), Net Carbohydrates: 29.88g (10.86%), Sugar: 5.64g (6.27%), Cholesterol: 118.35mg (39.45%), Sodium: 1506.62mg (65.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.21g (50.42%), Vitamin K: 88.86µg (84.63%),

Vitamin A: 3217.49IU (64.35%), Phosphorus: 355.77mg (35.58%), Manganese: 0.68mg (33.84%), Calcium: 336.09mg (33.61%), Selenium: 22.3µg (31.85%), Vitamin B2: 0.54mg (31.57%), Vitamin B1: 0.39mg (26.11%), Zinc: 3.82mg (25.49%), Vitamin B3: 4.69mg (23.44%), Vitamin B12: 1.4µg (23.29%), Folate: 89.4µg (22.35%), Copper: 0.38mg (19.03%), Iron: 3.19mg (17.72%), Potassium: 566.1mg (16.17%), Vitamin B6: 0.32mg (16.04%), Magnesium: 60.73mg (15.18%), Vitamin D: 2.09µg (13.94%), Vitamin B5: 1.37mg (13.74%), Fiber: 2.49g (9.98%), Vitamin E: 1.06mg (7.08%), Vitamin C: 1.57mg (1.9%)