

Make-Ahead Breakfast Casserole

 Gluten Free

READY IN



80 min.

SERVINGS



12

CALORIES



288 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 4.5 ounce mushrooms drained chopped canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 2.5 cups seasoned croutons
- ☐ 0.3 teaspoon mustard dry
- ☐ 4 eggs
- ☐ 2 sprigs parsley fresh for garnish
- ☐ 2.3 cups milk
- ☐ 1 cup monterrey jack cheese shredded

- ☐ 1 pound spicy pork sausage
- ☐ 1 cup sharp cheddar cheese shredded
- ☐ 10 ounce spinach – frozen dry thawed drained chopped

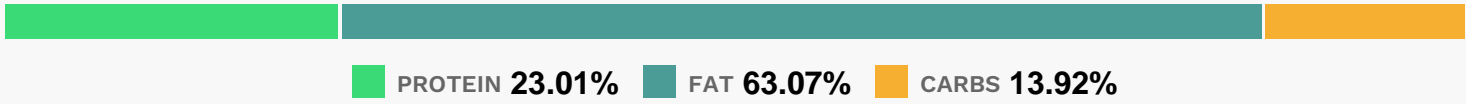
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Spread croutons on bottom of greased 9x13 inch baking dish. Crumble sausage into medium skillet. Cook over medium heat until browned, stirring occasionally.
- ☐ Drain off any drippings.
- ☐ Spread sausage over croutons.
- ☐ In a large bowl, whisk together eggs and milk until well blended. Stir in soup, spinach, mushrooms, cheeses and mustard.
- ☐ Pour egg mixture over sausage and croutons. Refrigerate overnight.
- ☐ The next morning, preheat oven to 325 degrees F (165 degrees C).
- ☐ Bake in preheated oven for 50 to 55 minutes or until set and lightly browned on top.
- ☐ Garnish with parsley sprigs and serve hot.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:3.97, Inflammation Score:-9, Nutrition Score:17.756956390713%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 287.59kcal (14.38%), Fat: 20.15g (30.99%), Saturated Fat: 8.66g (54.1%), Carbohydrates: 10.01g (3.34%), Net Carbohydrates: 8.69g (3.16%), Sugar: 2.74g (3.04%), Cholesterol: 106.33mg (35.44%), Sodium: 683.15mg (29.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.54g (33.08%), Vitamin K: 91.41µg (87.06%), Vitamin A: 3132.71IU (62.65%), Phosphorus: 244.8mg (24.48%), Calcium: 242.46mg (24.25%), Vitamin B2: 0.34mg (20.13%), Selenium: 13.69µg (19.55%), Zinc: 2.37mg (15.82%), Vitamin B12: 0.92µg (15.29%), Manganese: 0.29mg (14.7%), Vitamin B1: 0.22mg (14.35%), Folate: 56.82µg (14.21%), Vitamin B3: 2.71mg (13.56%), Vitamin B6: 0.24mg (12.08%), Magnesium: 40.89mg (10.22%), Iron: 1.74mg (9.65%), Potassium: 333.92mg (9.54%), Vitamin D: 1.42µg (9.48%), Vitamin B5: 0.89mg (8.92%), Copper: 0.16mg (8.13%), Vitamin E: 1.03mg (6.89%), Fiber: 1.32g (5.28%), Vitamin C: 1.79mg (2.17%)