



Make-Ahead Breakfast Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



456 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 8 ounces ciabatta bread cut into 1-inch cubes
- 8 ounce egg substitute
- 2 large eggs
- 1.3 cups skim milk fat-free
- 2 tablespoons parsley fresh chopped
- 0.5 cup spring onion chopped
- 4 ounces sharp cheddar cheese shredded reduced-fat
- 1 pound diestel breakfast sausage

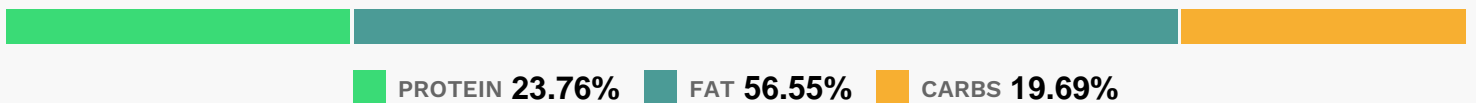
Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- baking pan

Directions

- Preheat oven to 40
- Arrange bread cubes in a single layer on a baking sheet.
- Bake at 400 for 8 minutes or until toasted.
- Heat a medium skillet over medium-high heat. Coat pan with cooking spray.
- Add sausage to pan; cook 6 minutes or until browned, stirring to crumble.
- Combine sausage, bread, and onions in a large bowl.
- Combine milk, cheese, eggs, and egg substitute in a medium bowl, stirring with a whisk.
- Add milk mixture to bread mixture, tossing to coat bread. Spoon mixture into a 2-quart baking dish coated with cooking spray. Cover and refrigerate 8 hours or overnight.
- Preheat oven to 35
- Uncover casserole.
- Bake at 350 for 50 minutes or until set and lightly browned.
- Sprinkle with parsley; serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:1.09, Inflammation Score:-5, Nutrition Score:16.084347807843%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 455.97kcal (22.8%), Fat: 28.4g (43.69%), Saturated Fat: 10.98g (68.63%), Carbohydrates: 22.26g (7.42%), Net Carbohydrates: 21.58g (7.85%), Sugar: 3.66g (4.07%), Cholesterol: 136.86mg (45.62%), Sodium: 911.52mg (39.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.85g (53.69%), Selenium: 27.15µg (38.78%), Vitamin K: 40µg (38.09%), Phosphorus: 307.31mg (30.73%), Vitamin B2: 0.47mg (27.79%), Calcium: 252.57mg (25.26%), Vitamin B12: 1.42µg (23.6%), Zinc: 3.2mg (21.31%), Vitamin B1: 0.3mg (19.98%), Vitamin B3: 3.75mg (18.76%), Vitamin B6: 0.36mg (17.94%), Vitamin D: 2.6µg (17.31%), Vitamin B5: 1.66mg (16.62%), Vitamin A: 720.65IU (14.41%), Potassium: 421.18mg (12.03%), Iron: 2.12mg (11.75%), Magnesium: 31.82mg (7.95%), Vitamin E: 1.12mg (7.45%), Folate: 26.99µg (6.75%), Vitamin C: 4.06mg (4.92%), Copper: 0.09mg (4.32%), Fiber: 0.68g (2.71%), Manganese: 0.03mg (1.48%)