



Make Ahead Sausage Potato Egg Bake

 Vegetarian  Gluten Free

READY IN



615 min.

SERVINGS



12

CALORIES



250 kcal

SIDE DISH

Ingredients

- 1 lb pepper flakes smoked cut into 3/8-inch slices (andouille, chorizo or kielbasa)
- 0.8 cup onion chopped
- 1 cup bell pepper red chopped
- 1 cup bell pepper green chopped
- 3 cloves garlic finely chopped
- 20 oz potatoes refrigerated home-style
- 0.5 teaspoon salt
- 0.5 teaspoon pepper

- 12 oz sharp cheddar cheese shredded
- 12 eggs
- 0.8 cup milk

Equipment

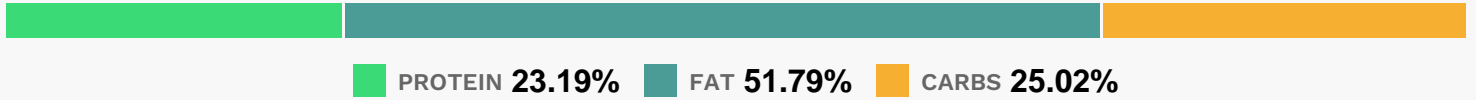
- bowl
- frying pan
- oven
- whisk
- baking pan
- aluminum foil
- glass baking pan

Directions

- Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 12-inch skillet, cook sausage over medium heat 5 to 7 minutes, stirring occasionally, until sausage begins to brown; drain if necessary.
- Add onion; cook 2 to 3 minutes or until slightly softened.
- Add both bell peppers; cook and stir 1 minute.
- Add garlic; cook and stir 30 seconds or until softened.
- Spread half of potatoes in bottom of baking dish.
- Sprinkle with 1/4 teaspoon each of the salt and pepper.
- Layer with half of sausage mixture and half of cheese. Repeat layers.
- In large bowl, beat eggs and milk with wire whisk.
- Pour over layers in baking dish. Cover; refrigerate 8 hours or overnight but no longer than 24 hours.
- Heat oven to 350°F. Loosely cover baking dish with sheet of nonstick foil or regular foil sprayed with cooking spray (nonstick or sprayed side down).
- Bake 1 hour 30 minutes to 1 hour 40 minutes or until set and potatoes are tender when pierced with a fork.

Remove from oven; let stand 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:27.06, Glycemic Load:8.22, Inflammation Score:-8, Nutrition Score:18.001304419144%

Flavonoids

Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 250.28kcal (12.51%), Fat: 14.59g (22.45%), Saturated Fat: 7.15g (44.7%), Carbohydrates: 15.87g (5.29%), Net Carbohydrates: 13.58g (4.94%), Sugar: 4.61g (5.13%), Cholesterol: 193.86mg (64.62%), Sodium: 358.23mg (15.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.71g (29.41%), Vitamin C: 90.48mg (109.67%), Selenium: 22.32µg (31.89%), Phosphorus: 285.44mg (28.54%), Vitamin A: 1342.59IU (26.85%), Calcium: 260.99mg (26.1%), Vitamin B6: 0.52mg (25.99%), Vitamin B2: 0.41mg (24.26%), Potassium: 492.72mg (14.08%), Zinc: 1.98mg (13.2%), Folate: 51.78µg (12.94%), Vitamin B12: 0.77µg (12.91%), Vitamin B5: 1.13mg (11.34%), Manganese: 0.22mg (11.21%), Magnesium: 38.39mg (9.6%), Iron: 1.71mg (9.51%), Fiber: 2.29g (9.14%), Vitamin K: 8.76µg (8.35%), Vitamin D: 1.22µg (8.12%), Vitamin E: 1.19mg (7.96%), Vitamin B1: 0.12mg (7.96%), Copper: 0.16mg (7.93%), Vitamin B3: 1.23mg (6.15%)