



## Make Ahead Sausage Potato Egg Bake

 Gluten Free

READY IN



615 min.

SERVINGS



12

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 eggs
- 3 cloves garlic finely chopped
- 1 cup bell pepper green chopped
- 0.8 cup milk
- 0.8 cup onion chopped
- 0.5 teaspoon pepper
- 20 oz potatoes refrigerated home-style
- 1 cup bell pepper red chopped

- 0.5 teaspoon salt
- 1 lb sausage smoked cut into 3/8-inch slices (andouille, chorizo or kielbasa)
- 12 oz sharp cheddar cheese shredded

## 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 350F. 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

**PROTEIN 22.58%** **FAT 63.06%** **CARBS 14.36%**

### Properties

Glycemic Index:25.65, Glycemic Load:6.98, Inflammation Score:-7, Nutrition Score:15.732173909312%

### 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: 350.07kcal (17.5%), Fat: 24.46g (37.63%), Saturated Fat: 10.46g (65.39%), Carbohydrates: 12.54g (4.18%), Net Carbohydrates: 10.82g (3.93%), Sugar: 2.61g (2.9%), Cholesterol: 221.08mg (73.69%), Sodium: 595.23mg (25.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.7g (39.41%), Vitamin C: 36.42mg (44.15%), Phosphorus: 320.22mg (32.02%), Selenium: 22.14µg (31.62%), Calcium: 259.1mg (25.91%), Vitamin B2: 0.43mg (25.06%), Vitamin B6: 0.44mg (22.21%), Vitamin A: 1011.09IU (20.22%), Vitamin B12: 1.1µg (18.26%), Zinc: 2.7mg (18.01%), Potassium: 464.75mg (13.28%), Vitamin B5: 1.31mg (13.12%), Vitamin B1: 0.2mg (13.07%), Vitamin B3: 2.54mg (12.69%), Vitamin D: 1.71µg (11.39%), Folate: 43.46µg (10.87%), Iron: 1.74mg (9.68%), Magnesium: 34.99mg (8.75%), Manganese: 0.16mg (7.77%), Fiber: 1.72g (6.87%), Copper: 0.13mg (6.74%), Vitamin E: 1mg (6.7%), Vitamin K: 3.62µg (3.45%)