



Mini Sausage-and-Egg Casseroles

READY IN



20 min.

SERVINGS



10

CALORIES



246 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 1 tablespoon dijon mustard
- ☐ 4 large eggs
- ☐ 2.5 cups milk 2% reduced-fat
- ☐ 12 oz pork sausage patties fully cooked chopped
- ☐ 4 oz sharp cheddar cheese shredded
- ☐ 1.5 oz sourdough bread cut into 1/2-inch cubes

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Divide bread cubes evenly among 10 (8- to 10-oz.) ovenproof coffee mugs coated with cooking spray, placing in bottom of mugs. Top evenly with sausage.
- ☐ Whisk together 2 1/2 cups milk, eggs, and Dijon mustard.
- ☐ Pour evenly over bread mixture in mugs.
- ☐ Whisk together buttermilk and cream of mushroom soup. Spoon over bread mixture in mugs; sprinkle with Cheddar cheese.
- ☐ Place coffee mugs on a baking sheet.
- ☐ Bake at 350 for 25 to 30 minutes or until casseroles are set and puffed.
- ☐ Serve immediately.
- ☐ Note: Unbaked mugs of casserole can be covered with plastic wrap, then foil, and frozen up to 1 month. Thaw overnight in the refrigerator.
- ☐ Bake as directed.
- ☐ Sausage-and-Egg Casserole: Omit coffee mugs. Arrange bread in 2 lightly greased 8-inch square baking dishes or 1 lightly greased 13- x 9-inch baking dish. Proceed as directed, increasing bake time to 1 hour or until casserole is set. Note: An unbaked casserole can be covered with plastic wrap, then foil, and frozen up to 1 month. Thaw overnight in the refrigerator.
- ☐ Bake as directed.

Nutrition Facts



 PROTEIN **23.84%**  FAT **63.53%**  CARBS **12.63%**

Properties

Glycemic Index:19.85, Glycemic Load:1.96, Inflammation Score:-3, Nutrition Score:9.0200000612632%

Nutrients (% of daily need)

Calories: 246.3kcal (12.31%), Fat: 17.23g (26.51%), Saturated Fat: 7.16g (44.73%), Carbohydrates: 7.71g (2.57%), Net Carbohydrates: 7.49g (2.72%), Sugar: 3.9g (4.33%), Cholesterol: 117.8mg (39.27%), Sodium: 617.43mg (26.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.55g (29.11%), Phosphorus: 216.87mg (21.69%), Vitamin B2: 0.35mg (20.6%), Selenium: 12.99µg (18.56%), Calcium: 183.41mg (18.34%), Vitamin B12: 1µg (16.73%), Zinc: 2.13mg (14.2%), Vitamin B1: 0.17mg (11.51%), Vitamin B3: 2.17mg (10.87%), Vitamin B6: 0.19mg (9.52%), Vitamin B5: 0.91mg (9.14%), Potassium: 265.12mg (7.57%), Vitamin D: 1.07µg (7.11%), Manganese: 0.14mg (6.86%), Vitamin A: 328.18IU (6.56%), Iron: 1.16mg (6.47%), Folate: 23.14µg (5.79%), Copper: 0.12mg (5.78%), Magnesium: 22.13mg (5.53%), Vitamin E: 0.4mg (2.67%)