



Morning Sausage Bake

 Dairy Free

READY IN



50 min.

SERVINGS



50

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup bread crumbs plain dry
- 16 oz cartons cholesterol-free egg product
- 3 Tbsp parsley fresh chopped
- 0.3 tsp ground pepper red (cayenne)
- 16 oz ground turkey sausage frozen thawed
- 2 Tbsp butter
- 1 lb mushrooms finely chopped
- 1 medium bell pepper green red chopped

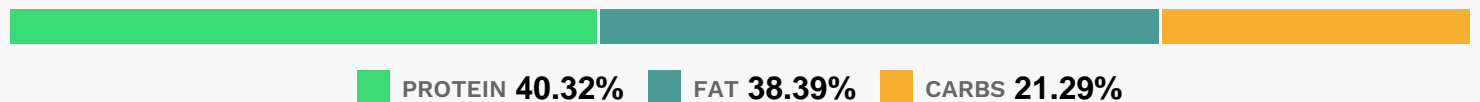
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350F. Melt margarine in large nonstick skillet on medium-high heat.
- Add mushrooms; cook and stir 10 min. or until mushrooms are tender and moisture has evaporated.
- Remove from heat; stir in bread crumbs. Spoon into 13x9-inch baking dish sprayed with cooking spray; press firmly onto bottom of dish to form crust.
- Add turkey sausage to skillet; cook on medium heat 12 min. or until no longer pink, stirring frequently to break turkey sausage into small pieces.
- Remove from heat.
- Add bell peppers, parsley and ground red pepper; mix well.
- Spread over crust; cover evenly with egg product.
- Bake 25 min. or until center is set.

Nutrition Facts



Properties

Glycemic Index:2.12, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.9839130562285%

Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 38.27kcal (1.91%), Fat: 1.64g (2.53%), Saturated Fat: 0.45g (2.84%), Carbohydrates: 2.05g (0.68%), Net Carbohydrates: 1.81g (0.66%), Sugar: 0.41g (0.45%), Cholesterol: 38.74mg (12.91%), Sodium: 39.26mg (1.71%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.77%), Selenium: 6.18µg (8.83%), Vitamin B3: 1.37mg (6.87%), Vitamin B2: 0.1mg (5.73%), Vitamin B6: 0.11mg (5.55%), Phosphorus: 50.68mg (5.07%), Vitamin K: 4.09µg (3.9%), Vitamin B5: 0.37mg (3.7%), Vitamin C: 2.42mg (2.93%), Vitamin B1: 0.04mg (2.61%), Zinc: 0.36mg (2.41%), Copper: 0.05mg (2.4%), Folate: 9.44µg (2.36%), Vitamin B12: 0.14µg (2.31%), Potassium: 78.21mg (2.23%), Iron: 0.4mg (2.23%), Vitamin A: 103.04IU (2.06%), Vitamin D: 0.24µg (1.57%), Manganese: 0.03mg (1.53%), Magnesium: 5.85mg (1.46%), Calcium: 10.31mg (1.03%)