



## New Year's Day Breakfast Casserole

READY IN



615 min.

SERVINGS



8

CALORIES



483 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 10 oz ciabatta bread cut into 1-inch cubes (6 cups)
- 2 cups milk
- 8 eggs
- 1 tablespoon oregano fresh chopped
- 1 lb pork sausage
- 1 cup onion chopped
- 1 bell pepper red chopped
- 8 oz sharp cheddar cheese shredded
- 1 serving oregano fresh chopped

## Equipment

- bowl
- frying pan
- oven
- baking pan
- glass baking pan

## Directions

- On 17x12-inch half-sheet pan, place bread cubes.
- Let stand uncovered 8 hours to dry.
- In large bowl, mix milk, eggs and 1 tablespoon oregano.
- Add bread to egg mixture, stirring to coat. Cover; refrigerate 1 hour.
- Heat oven to 350°F. Lightly grease 13x9-inch (3-quart) glass baking dish with cooking spray. In 12-inch skillet, cook sausage, onion and bell pepper 8 minutes, stirring frequently, until sausage is no longer pink.
- Drain.
- Add sausage mixture and 1 cup of the cheese to bread mixture, stirring well.
- Pour into baking dish; sprinkle with remaining 1 cup cheese.
- Bake 40 to 45 minutes or until center is set and cheese is bubbly.
- Let stand 10 minutes.
- Sprinkle with additional oregano.

## Nutrition Facts

 **PROTEIN 21.79%**  **FAT 58.42%**  **CARBS 19.79%**

## Properties

Glycemic Index:20.25, Glycemic Load:1.88, Inflammation Score:-8, Nutrition Score:16.313913034356%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

## **Nutrients (% of daily need)**

Calories: 482.56kcal (24.13%), Fat: 31.16g (47.94%), Saturated Fat: 13.11g (81.95%), Carbohydrates: 23.76g (7.92%), Net Carbohydrates: 22.4g (8.14%), Sugar: 4.69g (5.22%), Cholesterol: 240.17mg (80.06%), Sodium: 806.9mg (35.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.15g (52.31%), Phosphorus: 365.89mg (36.59%), Selenium: 22.84µg (32.63%), Calcium: 322.82mg (32.28%), Vitamin B2: 0.5mg (29.5%), Vitamin C: 20.93mg (25.37%), Vitamin B12: 1.5µg (25.06%), Vitamin A: 1141.9IU (22.84%), Zinc: 3.18mg (21.2%), Vitamin B6: 0.38mg (19.01%), Vitamin D: 2.46µg (16.39%), Vitamin B1: 0.23mg (15.63%), Vitamin B3: 2.98mg (14.91%), Vitamin B5: 1.48mg (14.78%), Potassium: 384.7mg (10.99%), Iron: 1.83mg (10.15%), Folate: 39.62µg (9.91%), Magnesium: 34mg (8.5%), Vitamin E: 1.19mg (7.93%), Vitamin K: 6.69µg (6.38%), Fiber: 1.36g (5.44%), Manganese: 0.1mg (5.02%), Copper: 0.09mg (4.71%)