



New Year's Day Breakfast Casserole

READY IN



615 min.

SERVINGS



8

CALORIES



485 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

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

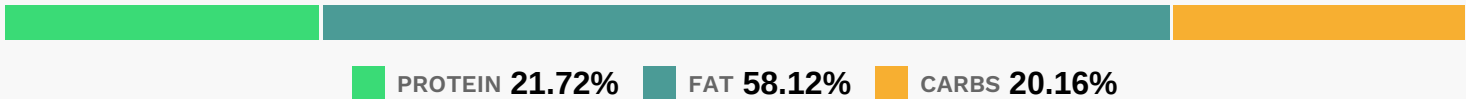
Equipment

- ☐ 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 350F. 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



Properties

Glycemic Index:20.25, Glycemic Load:1.89, Inflammation Score:-9, Nutrition Score:17.034347782964%

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: 484.88kcal (24.24%), Fat: 31.2g (48%), Saturated Fat: 13.13g (82.04%), Carbohydrates: 24.36g (8.12%), Net Carbohydrates: 22.63g (8.23%), Sugar: 4.73g (5.26%), Cholesterol: 240.17mg (80.06%), Sodium: 807.11mg (35.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.23g (52.46%), Phosphorus: 367.19mg (36.72%), Calcium: 336.8mg (33.68%), Selenium: 22.88µg (32.68%), Vitamin B2: 0.51mg (29.77%), Vitamin C: 20.95mg (25.4%), Vitamin B12: 1.5µg (25.06%), Vitamin A: 1156.78IU (23.14%), Zinc: 3.2mg (21.36%), Vitamin B6: 0.39mg (19.47%), Vitamin D: 2.46µg (16.39%), Vitamin B1: 0.24mg (15.73%), Vitamin B3: 3.02mg (15.11%), Vitamin B5: 1.49mg (14.86%), Iron: 2.15mg (11.94%), Vitamin K: 12.13µg (11.56%), Potassium: 395.72mg (11.31%), Folate: 41.69µg (10.42%), Magnesium: 36.36mg (9.09%), Vitamin E: 1.35mg (8.99%), Manganese: 0.14mg (7.2%), Fiber: 1.73g (6.93%), Copper: 0.1mg (4.98%)