



Overnight Chorizo and Egg Bake

READY IN



565 min.

SERVINGS



6

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 eggs slightly beaten
- 2 teaspoons cilantro leaves fresh chopped
- 1 teaspoon ground mustard
- 2 cups milk
- 4 oz pepper jack cheese shredded
- 1 lb pork sausage
- 1 cup baking mix original bisquick®

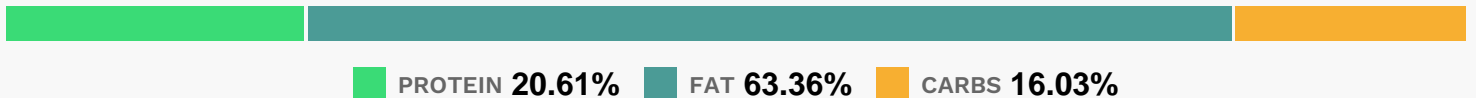
Equipment

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

Directions

- Spray 8-inch square (2-quart) glass baking dish with cooking spray. In 10-inch skillet, cook sausage over medium-high heat 5 to 7 minutes, stirring occasionally, until no longer pink; drain.
- In large bowl, mix sausage and remaining ingredients except salsa.
- Pour into baking dish. Cover; refrigerate at least 8 hours but no longer than 24 hours.
- Heat oven to 350°F.
- Bake uncovered 50 to 60 minutes or until knife inserted in center comes out clean.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:1.48, Inflammation Score:-5, Nutrition Score:11.90913032384%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 499.01kcal (24.95%), Fat: 34.61g (53.25%), Saturated Fat: 14.05g (87.82%), Carbohydrates: 19.7g (6.57%), Net Carbohydrates: 19.24g (6.99%), Sugar: 6.52g (7.25%), Cholesterol: 237.91mg (79.3%), Sodium: 1002.04mg (43.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.33g (50.67%), Phosphorus: 372.96mg (37.3%), Calcium: 302.38mg (30.24%), Selenium: 19.99µg (28.55%), Vitamin B2: 0.48mg (27.96%), Vitamin A: 922.84IU (18.46%), Vitamin B12: 1.07µg (17.76%), Vitamin D: 1.89µg (12.59%), Folate: 49.64µg (12.41%), Vitamin B1: 0.18mg (12.25%), Vitamin B5: 1.2mg (11.97%), Iron: 1.98mg (10.97%), Zinc: 1.61mg (10.72%), Vitamin B6: 0.16mg (7.8%),

Potassium: 233.26mg (6.66%), Magnesium: 26.38mg (6.6%), Vitamin B3: 1.06mg (5.3%), Manganese: 0.09mg (4.7%), Vitamin E: 0.6mg (3.97%), Copper: 0.07mg (3.58%), Vitamin K: 2.27µg (2.16%), Fiber: 0.46g (1.85%)