



## Overnight Chorizo and Egg Bake

 Gluten Free

READY IN



565 min.

SERVINGS



6

CALORIES



423 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
- 6 servings salsa thick
- 1 cup frangelico

1 cup frangelico

## 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 350F.

Bake uncovered 50 to 60 minutes or until knife inserted in center comes out clean.

Serve with salsa.

## Nutrition Facts



**PROTEIN 23.16%** **FAT 68.04%** **CARBS 8.8%**

## Properties

Glycemic Index:16.17, Glycemic Load:1.48, Inflammation Score:-6, Nutrition Score:10.508695695711%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 422.69kcal (21.13%), Fat: 31.6g (48.61%), Saturated Fat: 13.26g (82.9%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 8.58g (3.12%), Sugar: 5.41g (6.01%), Cholesterol: 237.51mg (79.17%), Sodium: 956.76mg (41.6%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.19g (48.39%), Calcium: 275.54mg (27.55%), Selenium: 18.78µg (26.82%), Phosphorus: 266.2mg (26.62%), Vitamin B2: 0.4mg (23.42%), Vitamin A: 1075.64IU (21.51%), Vitamin B12: 0.99µg (16.46%), Vitamin D: 1.89µg (12.59%), Vitamin B5: 1.09mg (10.85%), Zinc: 1.55mg (10.35%), Vitamin B6: 0.2mg (9.85%), Iron: 1.56mg (8.64%), Potassium: 283.22mg (8.09%), Magnesium: 26.18mg (6.55%), Folate: 25.92µg (6.48%), Vitamin E: 0.96mg (6.4%), Vitamin B1: 0.08mg (5.33%), Manganese: 0.06mg (3.11%), Copper: 0.06mg (3.08%), Vitamin B3: 0.51mg (2.55%), Fiber: 0.62g (2.47%), Vitamin K: 2.31µg (2.2%)