



## Overnight Egg-Sausage Bake

 Gluten Free

READY IN



550 min.

SERVINGS



6

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 ounces cheddar cheese shredded
- 2 cups milk
- 1 teaspoon ground mustard
- 0.5 teaspoon oregano dried
- 6 eggs slightly beaten
- 1 pound sausage meat cooked drained
- 1 cup frangelico

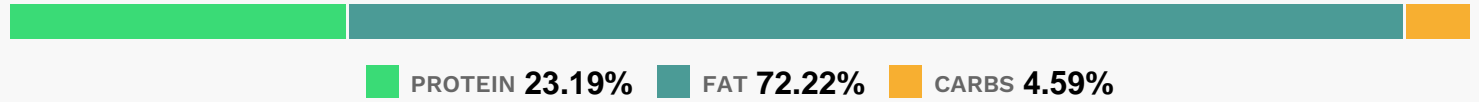
### Equipment

- bowl
- oven
- knife

## Directions

- Mix all ingredients in large bowl. Cover and refrigerate at least 8 hours but no longer than 24 hours.
- Heat oven to 350°F. Grease 2-quart casserole.
- Pour egg mixture into casserole.
- Bake uncovered about 1 hour or until knife inserted in center comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:16.33, Glycemic Load:1.57, Inflammation Score:-5, Nutrition Score:14.139565229416%

## Nutrients (% of daily need)

Calories: 420.79kcal (21.04%), Fat: 33.4g (51.38%), Saturated Fat: 13.18g (82.36%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 4.67g (1.7%), Sugar: 4.17g (4.63%), Cholesterol: 246.77mg (82.26%), Sodium: 697.88mg (30.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.13g (48.25%), Phosphorus: 360.89mg (36.09%), Selenium: 21.1µg (30.15%), Vitamin B2: 0.49mg (28.86%), Vitamin B12: 1.67µg (27.9%), Calcium: 268.65mg (26.87%), Zinc: 3.26mg (21.73%), Vitamin D: 2.87µg (19.14%), Vitamin B1: 0.28mg (18.63%), Vitamin B6: 0.37mg (18.59%), Vitamin B3: 3.71mg (18.54%), Vitamin B5: 1.57mg (15.67%), Vitamin A: 618.37IU (12.37%), Potassium: 389.32mg (11.12%), Iron: 1.73mg (9.62%), Magnesium: 32.41mg (8.1%), Folate: 26.34µg (6.58%), Vitamin E: 0.84mg (5.57%), Copper: 0.09mg (4.59%), Vitamin K: 2.19µg (2.08%), Manganese: 0.04mg (1.89%)