



Potato, Sausage, and Spinach Breakfast Casserole

 Gluten Free

READY IN



80 min.

SERVINGS



10

CALORIES



511 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground plus more
- ☐ 16 large eggs
- ☐ 4 ounces gruyere cheese grated
- ☐ 1.3 cups cup heavy whipping cream
- ☐ 1.5 teaspoons kosher salt plus more
- ☐ 2 cups leek white sliced
- ☐ 1.5 ounces parmesan grated

- ☐ 1.5 pounds baking potatoes shredded peeled
- ☐ 12 ounces diestel breakfast sausage fresh
- ☐ 1 pound spinach frozen dry thawed roughly chopped
- ☐ 5 tablespoons butter unsalted divided

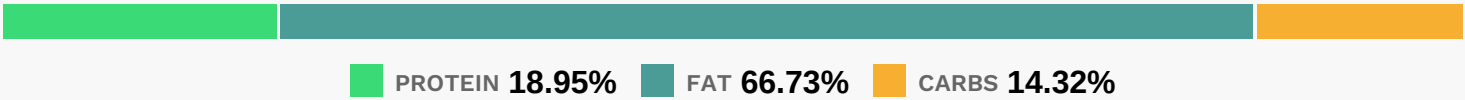
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Position a rack in top third of oven; preheat to 350°F.
- ☐ Whisk eggs, cream, 1 1/2 teaspoon salt, and 3/4 teaspoon pepper in a large bowl; set aside.
- ☐ Melt 1 tablespoon butter in a 12" cast-iron or nonstick ovenproof skillet over medium heat.
- ☐ Add sausages and cook, turning often, until browned all over, about 10 minutes.
- ☐ Transfer to a plate.
- ☐ Add leeks to skillet. Season with salt; cook until wilted, about 5 minutes.
- ☐ Transfer to a small bowl.
- ☐ Melt 3 tablespoons butter in same skillet over medium heat.
- ☐ Add potatoes, spreading out in an even layer. Cook without stirring until bottom and edges are crisp and golden brown, about 10 minutes. Slide potato pancake onto a large plate. Invert onto another large plate. Melt 1 tablespoon butter in skillet. Slide potato pancake into skillet, browned side up; cook until bottom is golden brown, about 10 minutes.
- ☐ Scatter spinach, leeks, and sausages over potato pancake, each in an even layer. Season with salt and pepper, then pour in egg mixture.
- ☐ Sprinkle both cheeses over.
- ☐ Bake until casserole is puffed and golden brown, 35–40 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:10.43, Inflammation Score:-10, Nutrition Score:28.872608723848%

Flavonoids

Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 510.8kcal (25.54%), Fat: 38.18g (58.74%), Saturated Fat: 18.82g (117.63%), Carbohydrates: 18.43g (6.14%), Net Carbohydrates: 15.87g (5.77%), Sugar: 2.66g (2.95%), Cholesterol: 386.13mg (128.71%), Sodium: 877.24mg (38.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.4g (48.81%), Vitamin K: 180.77µg (172.16%), Vitamin A: 6827.53IU (136.55%), Selenium: 31.3µg (44.72%), Phosphorus: 387.49mg (38.75%), Vitamin B2: 0.64mg (37.7%), Folate: 127.49µg (31.87%), Calcium: 312.8mg (31.28%), Vitamin B6: 0.62mg (30.92%), Manganese: 0.56mg (27.96%), Vitamin B12: 1.29µg (21.55%), Iron: 3.7mg (20.54%), Potassium: 712.58mg (20.36%), Magnesium: 77.46mg (19.36%), Zinc: 2.88mg (19.22%), Vitamin E: 2.87mg (19.13%), Vitamin B5: 1.9mg (18.96%), Vitamin D: 2.71µg (18.08%), Vitamin B1: 0.25mg (16.64%), Vitamin B3: 2.71mg (13.56%), Copper: 0.25mg (12.42%), Vitamin C: 8.93mg (10.82%), Fiber: 2.56g (10.23%)