



## Quick & Easy Breakfast Casserole

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



2917 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 6 eggs
- 2 cups milk
- 0.3 tsp pepper
- 1 lb breakfast pork sausage cooked drained
- 1 cup sharp cheddar cheese shredded kraft
- 6 slices bread white

### Equipment

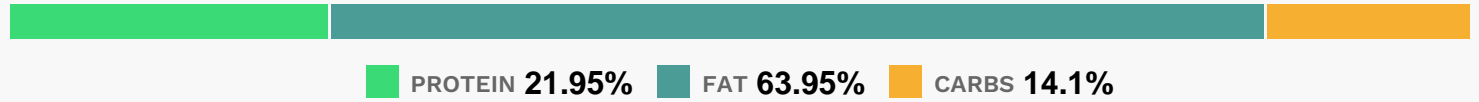
- frying pan

- oven
- knife
- whisk

## Directions

- Heat oven to 350F.
- Place bread in 13x9-inch pan sprayed with cooking spray; top with sausage and cheese.
- Whisk remaining ingredients until blended; pour over ingredients in pan.
- Bake 40 to 45 min. or until knife inserted in center comes out clean and top is lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:199.78, Glycemic Load:62.07, Inflammation Score:-10, Nutrition Score:70.158261340597%

## Nutrients (% of daily need)

Calories: 2916.54kcal (145.83%), Fat: 204.88g (315.2%), Saturated Fat: 80.17g (501.08%), Carbohydrates: 101.57g (33.86%), Net Carbohydrates: 97.99g (35.63%), Sugar: 32.84g (36.48%), Cholesterol: 1480.23mg (493.41%), Sodium: 4899.79mg (213.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 158.24g (316.49%), Phosphorus: 2315.78mg (231.58%), Selenium: 157.12µg (224.46%), Vitamin B2: 3.29mg (193.68%), Calcium: 1906.53mg (190.65%), Vitamin B12: 10.04µg (167.3%), Vitamin B1: 2.42mg (161.34%), Vitamin B3: 29.25mg (146.24%), Zinc: 20.72mg (138.15%), Vitamin B6: 2.35mg (117.59%), Vitamin D: 17.22µg (114.82%), Vitamin B5: 10.19mg (101.89%), Iron: 14.92mg (82.91%), Folate: 318.93µg (79.73%), Vitamin A: 3692.85IU (73.86%), Potassium: 2490.38mg (71.15%), Magnesium: 225.61mg (56.4%), Manganese: 1.08mg (53.96%), Copper: 0.72mg (36.21%), Vitamin E: 5.06mg (33.74%), Fiber: 3.58g (14.31%), Vitamin K: 7.9µg (7.52%), Vitamin C: 3.18mg (3.85%)