



Sausage and Apple Breakfast Casserole

 Popular

READY IN



70 min.

SERVINGS



12

CALORIES



682 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 8 cups unseasoned bread cubes french ()
- 8 eggs
- 1 teaspoon ground cinnamon
- 3 cups milk
- 9.6 ounce original pork sausage crumbles hearty jimmy dean®
- 2 large golden delicious apples peeled chopped
- 2 cups cheddar cheese shredded divided
- 2 tablespoons sugar

1 teaspoon vanilla

Equipment

bowl

oven

knife

whisk

baking pan

Directions

Preheat oven to 325 degrees F. Toss apples with sugar and cinnamon; set aside.

Beat eggs, milk and vanilla in large bowl with wire whisk until well blended.

Add bread cubes, sausage and 1 1/2 cups cheese and apple mixture; stir gently until evenly coated.

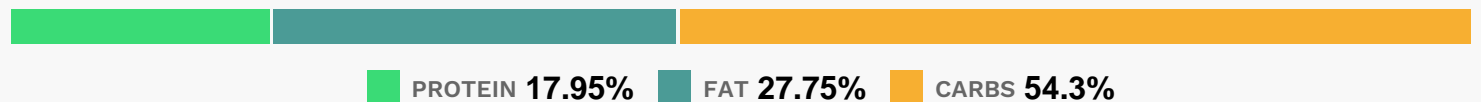
Spoon into lightly greased 13x9-inch baking dish; top with remaining 1/2 cup cheese.

Bake 40-45 minutes or until knife inserted in center comes out clean.

Let stand 10 minutes before cutting into 12 squares to serve.

Serve with warm maple syrup.

Nutrition Facts



Properties

Glycemic Index:23.38, Glycemic Load:67.06, Inflammation Score:-7, Nutrition Score:28.149565157683%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg,

Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 681.74kcal (34.09%), Fat: 21.05g (32.39%), Saturated Fat: 8.51g (53.18%), Carbohydrates: 92.68g (30.89%), Net Carbohydrates: 88.23g (32.08%), Sugar: 16.3g (18.11%), Cholesterol: 151.6mg (50.53%), Sodium: 1282.19mg (55.75%), Alcohol: 0.11g (100%), Alcohol %: 0.04% (100%), Protein: 30.65g (61.29%), Selenium: 60.62µg (86.6%), Vitamin B1: 1.24mg (82.66%), Vitamin B2: 1.01mg (59.58%), Folate: 213.1µg (53.27%), Manganese: 0.88mg (44.16%), Vitamin B3: 8.8mg (44.01%), Phosphorus: 406.39mg (40.64%), Iron: 7.02mg (39.01%), Calcium: 312.62mg (31.26%), Zinc: 3.47mg (23.14%), Magnesium: 71.57mg (17.89%), Fiber: 4.45g (17.8%), Vitamin B6: 0.35mg (17.69%), Vitamin B12: 0.98µg (16.38%), Copper: 0.29mg (14.68%), Vitamin B5: 1.46mg (14.57%), Potassium: 428.29mg (12.24%), Vitamin D: 1.67µg (11.1%), Vitamin A: 483.5IU (9.67%), Vitamin E: 0.92mg (6.17%), Vitamin K: 2.79µg (2.65%), Vitamin C: 1.87mg (2.27%)