



Sausage and Cheese Breakfast Casserole

READY IN



583 min.

SERVINGS



12

CALORIES



189 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon canola oil
- ☐ 4 ounces cheddar cheese shredded reduced-fat finely
- ☐ 1 teaspoon ground mustard dry
- ☐ 2 cups egg substitute
- ☐ 3 large eggs
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 cups milk 1% low-fat
- ☐ 0.3 teaspoon salt

- ☐ 12 ounces diestel breakfast sausage
- ☐ 1 ounce sandwich bread white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ casserole dish

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add sausage to pan; cook 5 minutes or until browned, stirring and breaking sausage to crumble.
- ☐ Remove from heat; cool.
- ☐ Combine milk and next 6 ingredients (through eggs) in a large bowl, stirring with a whisk.
- ☐ Trim crusts from bread.
- ☐ Cut bread into 1-inch cubes.
- ☐ Add bread cubes, sausage, and cheddar cheese to milk mixture, stirring to combine.
- ☐ Pour bread mixture into a 13 x 9inch baking or 3-quart casserole dish coated with cooking spray, spreading egg mixture evenly in baking dish. Cover and refrigerate 8 hours or overnight.
- ☐ Preheat oven to 35
- ☐ Remove casserole from refrigerator; let stand 30 minutes.
- ☐ Sprinkle casserole evenly with paprika.
- ☐ Bake at 350 for 45 minutes or until set and lightly browned.
- ☐ Let stand 10 minutes.

Nutrition Facts



 PROTEIN **29.15%**  FAT **61.36%**  CARBS **9.49%**

Properties

Glycemic Index:16.15, Glycemic Load:0.9, Inflammation Score:-3, Nutrition Score:9.2630434710047%

Nutrients (% of daily need)

Calories: 189.24kcal (9.46%), Fat: 12.78g (19.67%), Saturated Fat: 4.97g (31.08%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 4.34g (1.58%), Sugar: 2.97g (3.3%), Cholesterol: 78.33mg (26.11%), Sodium: 414.56mg (18.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.66g (27.33%), Selenium: 24.76µg (35.37%), Vitamin B2: 0.35mg (20.56%), Phosphorus: 179.92mg (17.99%), Calcium: 161.01mg (16.1%), Vitamin B12: 0.83µg (13.81%), Vitamin B5: 1.24mg (12.42%), Vitamin D: 1.75µg (11.65%), Zinc: 1.72mg (11.45%), Vitamin B1: 0.17mg (11.31%), Vitamin B6: 0.2mg (9.77%), Iron: 1.45mg (8.04%), Vitamin B3: 1.57mg (7.86%), Vitamin A: 368.41IU (7.37%), Potassium: 248.52mg (7.1%), Vitamin E: 0.99mg (6.57%), Magnesium: 20.2mg (5.05%), Folate: 18.28µg (4.57%), Copper: 0.05mg (2.27%), Manganese: 0.04mg (1.95%)