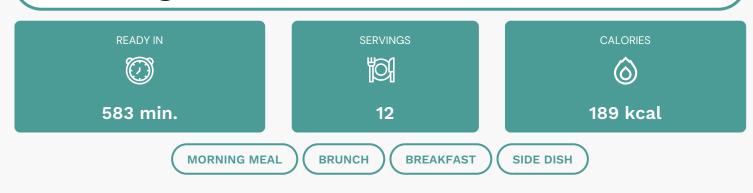


Sausage and Cheese Breakfast Casserole



Ingredients

O.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
O.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
Di	rections
	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

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 %: O% (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%)