



Sausage and Corn Casserole

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



411 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup bread crumbs soft
- 15 ounce regular corn cream-style canned
- 0.3 cup cracker crumbs
- 4 eggs beaten
- 2 tablespoons parsley fresh chopped
- 0.3 teaspoon ground pepper black
- 1 pound sausage meat

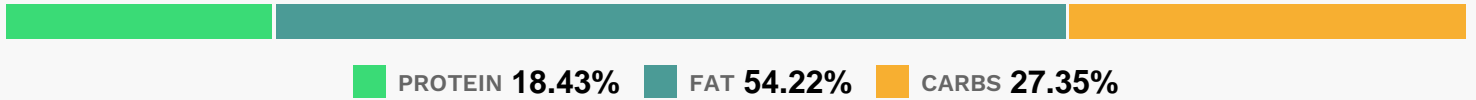
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside. Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, stir together sausage, eggs, corn, bread crumbs and black pepper. Spoon mixture into a lightly greased 8x8 inch baking dish.
- Sprinkle casserole with cracker crumbs.
- Bake in preheated oven for 45 minutes.
- Sprinkle with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:14.058260855467%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 410.99kcal (20.55%), Fat: 24.88g (38.28%), Saturated Fat: 8.02g (50.09%), Carbohydrates: 28.25g (9.42%), Net Carbohydrates: 26.45g (9.62%), Sugar: 3.8g (4.22%), Cholesterol: 163.55mg (54.52%), Sodium: 869.37mg (37.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.03g (38.06%), Vitamin B1: 0.43mg (28.44%), Vitamin B3: 5.63mg (28.17%), Vitamin K: 25.25µg (24.05%), Phosphorus: 235.99mg (23.6%), Vitamin B2: 0.35mg (20.39%), Selenium: 13.98µg (19.98%), Zinc: 2.69mg (17.94%), Vitamin B6: 0.35mg (17.55%), Folate: 68.72µg (17.18%), Vitamin B12: 0.97µg (16.11%), Iron: 2.73mg (15.17%), Manganese: 0.26mg (12.82%), Vitamin B5: 1.2mg (12.03%), Potassium: 370.68mg (10.59%), Vitamin D: 1.57µg (10.46%), Magnesium: 35.33mg (8.83%), Copper: 0.16mg (8.05%), Vitamin A: 380.32IU (7.61%), Fiber: 1.8g (7.21%), Calcium: 65.64mg (6.56%), Vitamin C: 5.21mg

(6.31%), Vitamin E: 0.64mg (4.29%)