



Sausage and Egg Casserole

READY IN



575 min.

SERVINGS



8

CALORIES



391 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 1 pound bulk pork sausage
- 8 eggs
- 1 teaspoon ground mustard
- 2.5 cups milk
- 1 teaspoon salt
- 1 cup cheddar cheese shredded
- 6 slices bread white cut into 1/2-inch cubes

Equipment

- bowl
- frying pan
- oven
- knife
- baking pan

Directions

- Heat a large skillet over medium-high heat and stir in sausage. Cook and stir until sausage is crumbly, evenly browned, and no longer pink, about 10 minutes.
- Drain and discard any excess grease.
- Beat eggs in a large bowl; stir in milk, salt, and mustard. Fold bread cubes, Cheddar cheese, and sausage into egg mixture.
- Pour into a lightly greased 7x11-inch baking dish. Cover and refrigerate for 8 hours or overnight.
- Preheat oven to 350 degrees F (175 degrees C).
- Remove casserole from the refrigerator 30 minutes before baking.
- Bake in preheated oven until a knife inserted near the center comes out clean, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:20.97, Glycemic Load:8.02, Inflammation Score:-4, Nutrition Score:14.094782572726%

Nutrients (% of daily need)

Calories: 390.56kcal (19.53%), Fat: 27.23g (41.9%), Saturated Fat: 10.65g (66.59%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 13.06g (4.75%), Sugar: 4.9g (5.44%), Cholesterol: 227.78mg (75.93%), Sodium: 924.59mg (40.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.73g (43.45%), Selenium: 23.83µg (34.04%), Phosphorus: 328.63mg (32.86%), Vitamin B2: 0.48mg (28.44%), Calcium: 263.8mg (26.38%), Vitamin B12: 1.43µg (23.92%), Vitamin B1: 0.32mg (21.16%), Zinc: 2.81mg (18.73%), Vitamin B3: 3.69mg (18.46%), Vitamin D: 2.54µg (16.94%), Vitamin B6: 0.32mg (16.14%), Vitamin B5: 1.5mg (15%), Iron: 2.08mg (11.54%), Folate: 45.43µg (11.36%), Vitamin A: 545.45IU (10.91%), Potassium: 350.43mg (10.01%), Magnesium: 32.18mg (8.04%), Manganese: 0.14mg

(6.87%), Vitamin E: 0.77mg (5.12%), Copper: 0.1mg (4.98%), Fiber: 0.46g (1.85%)