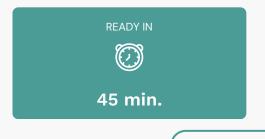
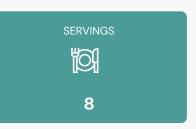


# Sausage and Egg Casserole with Sun-Dried Tomatoes and Mozzarella

**Gluten Free** 







MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

3 large egg yolks
5 large eggs
4 tablespoons parsley fresh chopped
2 garlic cloves minced
1 cup half and half

2 cups mozzarella cheese grated

1 pound sausage sweet italian

	0.5 cup oil-packed sun-dried tomatoes drained chopped
	0.5 teaspoon salt
	0.5 cup shallots chopped
	1 cup whipping cream
Equipment	
	bowl
	frying pan
	oven
	knife
	whisk
	glass baking pan
Directions	
	Preheat oven to 375°F. Butter 13x9x2-inch glass baking dish. Sauté sausage in medium nonstick skillet over medium heat until brown and cooked through, breaking up with back of fork into small pieces, about 10 minutes.
	Add shallots and garlic and sauté 3 minutes.
	Add sun-dried tomatoes and 2 tablespoons parsley; stir 1 minute.
	Spread sausage mixture in prepared dish. (Can be made 1 day ahead. Cover and refrigerate.)
	Whisk eggs, egg yolks, half and half, whipping cream, 11/2 cups cheese, and salt in large bowl to blend well.
	Pour egg mixture over sausage mixture in dish.
	Sprinkle remaining 1/2 cup cheese and 2 tablespoons parsley over.
	Bake until top of casserole is golden brown and knife inserted into center comes out clean, about 30 minutes.
	Let stand 5 minutes before serving.

## **Nutrition Facts**

#### **Properties**

Glycemic Index:22.13, Glycemic Load:1.86, Inflammation Score:-7, Nutrition Score:18.456086967302%

#### **Flavonoids**

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

#### Nutrients (% of daily need)

Calories: 516.39kcal (25.82%), Fat: 43.14g (66.37%), Saturated Fat: 20.66g (129.15%), Carbohydrates: 10.28g (3.43%), Net Carbohydrates: 8.88g (3.23%), Sugar: 6.33g (7.03%), Cholesterol: 294.52mg (98.17%), Sodium: 819.67mg (35.64%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 22.48g (44.95%), Selenium: 34.51µg (49.3%), Vitamin K: 38.01µg (36.2%), Phosphorus: 348.02mg (34.8%), Vitamin B2: 0.5mg (29.7%), Vitamin B1: 0.42mg (27.84%), Vitamin B12: 1.66µg (27.7%), Calcium: 246.57mg (24.66%), Vitamin A: 1223.59IU (24.47%), Zinc: 2.8mg (18.65%), Vitamin B6: 0.37mg (18.32%), Potassium: 582.31mg (16.64%), Iron: 2.5mg (13.88%), Vitamin B5: 1.36mg (13.6%), Vitamin B3: 2.63mg (13.16%), Manganese: 0.24mg (12.02%), Folate: 45.35µg (11.34%), Vitamin D: 1.56µg (10.38%), Vitamin C: 8.36mg (10.13%), Magnesium: 40.35mg (10.09%), Copper: 0.2mg (9.89%), Vitamin E: 0.92mg (6.12%), Fiber: 1.4g (5.6%)