



Sausage and Egg Casserole with Sun-Dried Tomatoes and Mozzarella

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



516 kcal

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
- ☐ 1 pound sausage sweet italian
- ☐ 2 cups mozzarella cheese grated

- ☐ 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, 1 1/2 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



 PROTEIN **17.31%**  FAT **74.77%**  CARBS **7.92%**

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 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, 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 %: 0% (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%)