



Sausage and Polenta Breakfast Casserole

 Gluten Free

READY IN



555 min.

SERVINGS



8

CALORIES



348 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 10 ounce andouille sausage diced
- ☐ 4 large eggs lightly beaten
- ☐ 4.5 cups skim milk fat-free
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 4 garlic clove minced
- ☐ 2 cups spring onion sliced
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup parmesan grated

- ☐ 2 teaspoons hot sauce hot
- ☐ 1.5 cups oats uncooked
- ☐ 0.3 teaspoon salt
- ☐ 1 cup cheddar cheese shredded

Equipment

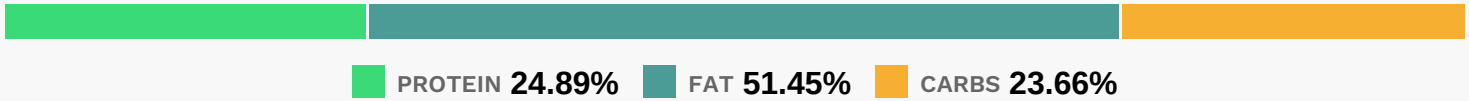
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add sausage; saut 3 minutes or until browned.
- ☐ Add onions, thyme, and garlic; saut 5 minutes.
- ☐ Remove from heat.
- ☐ Bring milk to a simmer in a large saucepan. Reduce heat to medium-low. Stir in polenta and salt; simmer 7 minutes, stirring frequently with a whisk.
- ☐ Remove from heat.
- ☐ Add cheeses; stir until cheeses melt.
- ☐ Place the polenta mixture in a large bowl; let stand 15 minutes, stirring occasionally. Stir in pepper sauce and eggs.
- ☐ Add sausage mixture; stir well to combine.

- ☐ Spread polenta mixture into a 2-quart glass or ceramic broiler-safe baking dish coated with cooking spray. Cool to room temperature. Cover surface with plastic wrap; refrigerate overnight.
- ☐ Preheat oven to 425
- ☐ Uncover dish.
- ☐ Bake at 425 for 25 minutes or just until set.
- ☐ Preheat broiler to high; remove dish while broiler preheats. Broil 2 minutes or until top is lightly browned.
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:32.41, Glycemic Load:8.74, Inflammation Score:-9, Nutrition Score:20.298261082691%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 348.21kcal (17.41%), Fat: 20.12g (30.96%), Saturated Fat: 7.7g (48.1%), Carbohydrates: 20.83g (6.94%), Net Carbohydrates: 18.59g (6.76%), Sugar: 8.34g (9.27%), Cholesterol: 144.57mg (48.19%), Sodium: 643.5mg (27.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.9g (43.81%), Vitamin K: 53.37µg (50.83%), Phosphorus: 425.58mg (42.56%), Selenium: 28.23µg (40.33%), Calcium: 379.84mg (37.98%), Manganese: 0.75mg (37.48%), Vitamin B2: 0.48mg (28.12%), Vitamin B12: 1.57µg (26.15%), Zinc: 3.06mg (20.42%), Magnesium: 78.73mg (19.68%), Vitamin B1: 0.28mg (18.88%), Vitamin A: 897.32IU (17.95%), Vitamin D: 2.62µg (17.45%), Potassium: 536.79mg (15.34%), Vitamin B5: 1.35mg (13.49%), Vitamin B3: 2.65mg (13.27%), Vitamin B6: 0.26mg (12.94%), Iron: 2.18mg (12.13%), Folate: 39.48µg (9.87%), Fiber: 2.24g (8.94%), Vitamin C: 7.32mg (8.87%), Vitamin E: 1.09mg (7.25%), Copper: 0.14mg (6.93%)