



Sausage-Bacon 'n Cheese Breakfast Torte

READY IN



40 min.

SERVINGS



10

CALORIES



388 kcal

Ingredients

- ☐ 4 slices bacon cut into bite-size pieces
- ☐ 0.5 lb sausage meat
- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon chives chopped
- ☐ 8 eggs
- ☐ 8 oz extra sharp cheddar cheese shredded
- ☐ 0.3 cup feta cheese crumbled
- ☐ 0.3 cup half and half
- ☐ 0.5 cup chicken broth reduced-sodium progresso® (from 32-oz carton)
- ☐ 0.1 teaspoon salt

- ☐ 0.5 cup cornmeal yellow
- ☐ 1 cup baking mix original bisquick®

Equipment

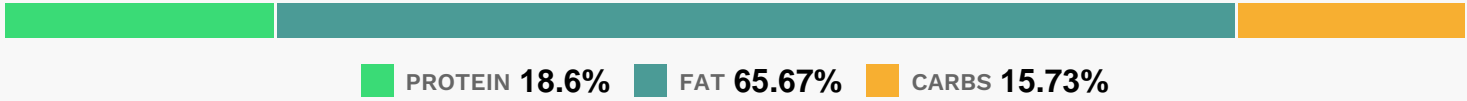
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Heat oven to 350°F. Spray 10-inch springform pan with cooking spray.
- ☐ In medium bowl, mix Bisquick mix, cornmeal and 1 cup of the Cheddar cheese. Stir in broth until blended. Using greased or buttered hands, press mixture onto bottom of pan, forming a crust.
- ☐ Bake 20 minutes or until crust is set and starting to brown around edges.
- ☐ Meanwhile, in 12-inch nonstick skillet, cook bacon, stirring frequently, until crisp.
- ☐ Remove bacon to paper towels. Discard bacon drippings. In same skillet, cook sausage over medium heat, stirring frequently, until no longer pink.
- ☐ Remove sausage to bowl.
- ☐ In large bowl, beat eggs, half-and-half, chives and salt with whisk or fork. In same skillet, melt butter over medium heat.
- ☐ Add egg mixture; cook and stir until eggs are just moist (not dry).
- ☐ Remove from heat; stir in sausage and feta cheese.
- ☐ Spread mixture evenly over crust.
- ☐ Sprinkle with remaining 1 cup Cheddar cheese and the bacon.

- ☐ Bake 8 to 10 minutes or until heated through and cheese is melted. Run metal spatula or table knife along side of torte to loosen from pan; remove side of pan.
- ☐ Cut into wedges; serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.05, Glycemic Load:3.66, Inflammation Score:-5, Nutrition Score:12.149130562077%

Nutrients (% of daily need)

Calories: 387.62kcal (19.38%), Fat: 28.09g (43.22%), Saturated Fat: 11.76g (73.48%), Carbohydrates: 15.14g (5.05%), Net Carbohydrates: 14.07g (5.12%), Sugar: 1.99g (2.21%), Cholesterol: 189.27mg (63.09%), Sodium: 693.79mg (30.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.9g (35.8%), Phosphorus: 340.76mg (34.08%), Selenium: 22.48µg (32.11%), Vitamin B2: 0.42mg (24.81%), Calcium: 238.73mg (23.87%), Zinc: 2.46mg (16.4%), Vitamin B12: 0.98µg (16.26%), Vitamin B1: 0.23mg (15.16%), Vitamin A: 685.97IU (13.72%), Vitamin B6: 0.27mg (13.48%), Vitamin B3: 2.66mg (13.29%), Vitamin B5: 1.09mg (10.91%), Folate: 41.33µg (10.33%), Iron: 1.64mg (9.13%), Vitamin D: 1.21µg (8.08%), Magnesium: 30.04mg (7.51%), Potassium: 224.83mg (6.42%), Manganese: 0.11mg (5.57%), Copper: 0.1mg (5.07%), Vitamin E: 0.75mg (4.98%), Fiber: 1.06g (4.26%), Vitamin C: 1.88mg (2.27%), Vitamin K: 1.8µg (1.72%)