



Sausage Breakfast Bake

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



450 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 10 eggs
- ☐ 1 pound sausage meat hot
- ☐ 28 oz hash browns frozen with onions and peppers, thawed
- ☐ 0.5 cup milk
- ☐ 2 cups monterrey jack cheese shredded
- ☐ 1 cup mushrooms sliced
- ☐ 8 servings salt and pepper to taste

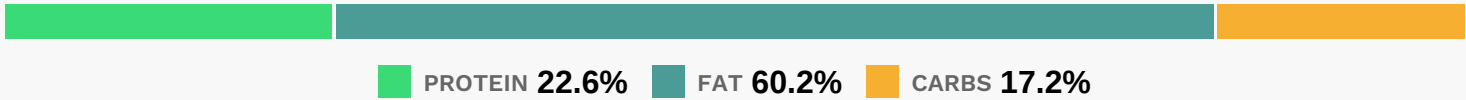
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ In a skillet over medium heat, brown sausage; drain. In a large bowl, combine sausage, hashbrowns, mushrooms and cheese.
- ☐ Spread evenly in a greased 13"x9" baking pan.
- ☐ Beat together eggs, milk, salt and pepper.
- ☐ Pour egg mixture over hashbrown mixture.
- ☐ Cover with aluminum foil and bake at 375 degrees for one hour.
- ☐ Remove foil and continue baking for an additional 15 minutes, or until golden.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:5.43, Inflammation Score:-4, Nutrition Score:16.211304286252%

Nutrients (% of daily need)

Calories: 449.54kcal (22.48%), Fat: 29.98g (46.12%), Saturated Fat: 12.56g (78.47%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 17.76g (6.46%), Sugar: 1.32g (1.46%), Cholesterol: 272.4mg (90.8%), Sodium: 830.22mg (36.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.32g (50.64%), Phosphorus: 383.23mg (38.32%), Selenium: 22.69µg (32.41%), Vitamin B2: 0.51mg (30.23%), Calcium: 275.81mg (27.58%), Vitamin B3: 4.83mg (24.17%), Vitamin B12: 1.29µg (21.55%), Zinc: 3.12mg (20.81%), Vitamin B6: 0.4mg (19.87%), Vitamin B1: 0.3mg (19.78%), Vitamin B5: 1.84mg (18.4%), Potassium: 583.26mg (16.66%), Iron: 2.83mg (15.72%), Vitamin D: 2.2µg (14.66%), Vitamin A: 581.47IU (11.63%), Copper: 0.22mg (11.14%), Vitamin C: 8.79mg (10.65%), Folate: 37.51µg (9.38%), Magnesium: 35.99mg (9%), Manganese: 0.17mg (8.65%), Fiber: 1.51g (6.04%), Vitamin E: 0.77mg (5.12%), Vitamin K: 1.14µg (1.09%)