



Sausage Breakfast Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



474 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 0.5 pound bulk turkey sausage (such as Louis Rich)
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 cup egg substitute
- ☐ 1 cup milk fat-free
- ☐ 3 cups bread french cubed (1-inch)
- ☐ 0.3 cup green onions chopped (4 green onions)
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 3 ounces sharp cheddar cheese shredded reduced-fat

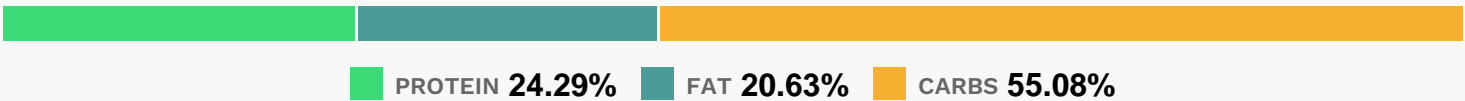
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Arrange bread cubes in an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Coat a large nonstick skillet with cooking spray; place skillet over medium-high heat until hot.
- ☐ Add sausage and green onions; cook until sausage is browned, stirring until it crumbles.
- ☐ Drain sausage mixture, if necessary.
- ☐ Layer sausage mixture and cheese over bread cubes.
- ☐ Combine milk and remaining 4 ingredients; pour over bread mixture. Press down on bread mixture with a spatula to cover totally with milk mixture. Cover and chill 8 hours or overnight.
- ☐ Preheat oven to 35
- ☐ Bake casserole, uncovered, at 350 for 30 minutes or until set and lightly browned.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:48.16, Inflammation Score:-7, Nutrition Score:24.193043594775%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 473.65kcal (23.68%), Fat: 10.84g (16.68%), Saturated Fat: 4.12g (25.72%), Carbohydrates: 65.12g (21.71%), Net Carbohydrates: 62.37g (22.68%), Sugar: 8.48g (9.43%), Cholesterol: 43.75mg (14.58%), Sodium: 1222.92mg

(53.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.71g (57.42%), Selenium: 55.56µg (79.37%), Vitamin B1: 0.95mg (63.18%), Vitamin B2: 0.87mg (51.05%), Folate: 160.54µg (40.13%), Vitamin B3: 7.58mg (37.91%), Phosphorus: 331.58mg (33.16%), Iron: 5.97mg (33.16%), Manganese: 0.65mg (32.72%), Calcium: 255.88mg (25.59%), Zinc: 3.51mg (23.4%), Vitamin B6: 0.38mg (18.98%), Vitamin B12: 1.01µg (16.91%), Vitamin B5: 1.65mg (16.55%), Magnesium: 61.36mg (15.34%), Potassium: 415.6mg (11.87%), Copper: 0.23mg (11.62%), Fiber: 2.75g (11.01%), Vitamin K: 10.02µg (9.54%), Vitamin D: 1.17µg (7.83%), Vitamin A: 385.73IU (7.71%), Vitamin E: 1.07mg (7.15%), Vitamin C: 1.86mg (2.26%)