



Sausage" Breakfast Strata

READY IN



81 min.

SERVINGS



8

CALORIES



314 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon mustard dry
- 0.5 cup egg substitute
- 3 large eggs
- 0.7 cup green onions chopped (6 onions)
- 1 tablespoon butter light
- 2 cups milk 1% low-fat
- 8 ounce pre mushrooms
- 0.5 teaspoon salt divided
- 8 ounce block sharp cheddar cheese shredded 2% reduced-fat

- 0.7 cup tomatoes chopped
- 8 ounce veggie breakfast sausage links frozen (such as Morningstar Farms)
- 8 slices bread light white cubed (such as Nature's Own)

Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Place frozen sausage in a large skillet coated with cooking spray; cook over medium heat until lightly browned on all sides and thawed, stirring frequently (about 8 minutes).
- Remove from pan to cool.
- Cut sausages into 1/2-inch slices.
- Heat butter in pan over medium heat.
- Add mushrooms, and saut 4 minutes.
- Add onions; saut 2 minutes.
- Remove from heat; stir in tomato and 1/4 teaspoon salt.
- Coat an 11 x 7-inch baking dish with cooking spray, and place half of bread cubes in bottom of dish. Top with half of sausage, half of vegetable mixture, and half of cheese. Repeat layers with remaining bread cubes, sausage, vegetable mixture, and cheese.
- Combine egg substitute, eggs, milk, mustard, and remaining 1/4 teaspoon salt in a bowl, stirring with a whisk.
- Pour mixture evenly over casserole. Cover and refrigerate at least 8 hours.
- Let casserole stand at room temperature 30 minutes before baking.
- Preheat oven to 35
- Bake at 350 for 45 to 50 minutes or until center is set.
- Let stand 10 minutes.

Nutrition Facts

PROTEIN 27.83% FAT 45.97% CARBS 26.2%

Properties

Glycemic Index:25.47, Glycemic Load:9.41, Inflammation Score:-6, Nutrition Score:27.241739045019%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 314.1kcal (15.7%), Fat: 15.97g (24.57%), Saturated Fat: 7.51g (46.93%), Carbohydrates: 20.48g (6.83%), Net Carbohydrates: 17.98g (6.54%), Sugar: 5.82g (6.47%), Cholesterol: 102.9mg (34.3%), Sodium: 722.52mg (31.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.75g (43.5%), Vitamin B6: 15.94mg (796.89%), Vitamin B12: 32.39µg (539.8%), Vitamin B2: 6.83mg (401.75%), Iron: 8.15mg (45.26%), Selenium: 30.24µg (43.2%), Calcium: 358.66mg (35.87%), Phosphorus: 299.89mg (29.99%), Vitamin K: 19.2µg (18.29%), Vitamin B1: 0.23mg (15.23%), Vitamin A: 751.26IU (15.03%), Folate: 58.53µg (14.63%), Vitamin B5: 1.44mg (14.44%), Zinc: 2.12mg (14.16%), Vitamin B3: 2.46mg (12.3%), Potassium: 379.91mg (10.85%), Manganese: 0.21mg (10.3%), Vitamin D: 1.51µg (10.06%), Fiber: 2.5g (10.01%), Copper: 0.16mg (8.19%), Magnesium: 32.58mg (8.15%), Vitamin E: 0.87mg (5.81%), Vitamin C: 3.96mg (4.79%)