

Sausage Casserole

 **Gluten Free**

READY IN



105 min.

SERVINGS



12

CALORIES



390 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound diestel breakfast sausage flavored
- 0.3 cup butter melted
- 16 ounce curd cottage cheese
- 6 jumbo eggs
- 12 ounces mild cheddar cheese shredded
- 0.5 cup onion shredded
- 3 cups potatoes shredded pressed drained

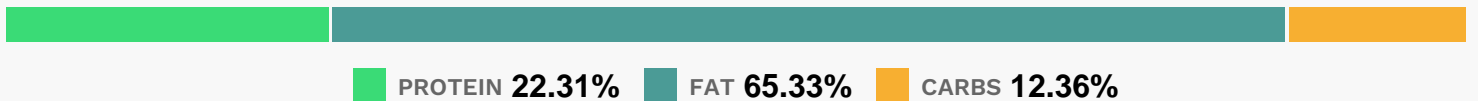
Equipment

- bowl
- frying pan
- oven
- baking pan
- toothpicks

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch square baking dish.
- Place sausage in a large, deep skillet. Cook over medium-high heat until evenly brown.
- Drain, crumble, and set aside.
- In the prepared baking dish, stir together the shredded potatoes and butter. Line the bottom and sides of the baking dish with the mixture. In a bowl, mix the sausage, Cheddar cheese, onion, cottage cheese, and eggs.
- Pour over the potato mixture.
- Bake 1 hour in the preheated oven, or until a toothpick inserted into center of the casserole comes out clean.
- Let cool for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:20.23, Glycemic Load:7.38, Inflammation Score:-5, Nutrition Score:13.075652163962%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 389.66kcal (19.48%), Fat: 28.18g (43.35%), Saturated Fat: 12.85g (80.32%), Carbohydrates: 11.99g (4%), Net Carbohydrates: 10.73g (3.9%), Sugar: 1.91g (2.13%), Cholesterol: 189.34mg (63.11%), Sodium: 623.43mg (27.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.65g (43.3%), Phosphorus: 336.33mg (33.63%), Selenium:

21.6µg (30.85%), Calcium: 261.81mg (26.18%), Vitamin B2: 0.4mg (23.35%), Vitamin B6: 0.37mg (18.46%), Vitamin B12: 1.07µg (17.88%), Zinc: 2.59mg (17.24%), Vitamin C: 11.1mg (13.46%), Vitamin A: 654.8IU (13.1%), Vitamin B5: 1.23mg (12.33%), Potassium: 430.25mg (12.29%), Vitamin B3: 2.42mg (12.08%), Vitamin B1: 0.18mg (12.02%), Folate: 35.48µg (8.87%), Vitamin D: 1.33µg (8.86%), Iron: 1.47mg (8.15%), Magnesium: 32.59mg (8.15%), Copper: 0.13mg (6.36%), Manganese: 0.1mg (5.16%), Vitamin E: 0.76mg (5.08%), Fiber: 1.27g (5.07%), Vitamin K: 2.28µg (2.17%)