



Sausage, Corn and Broccoli Bake

READY IN



80 min.

SERVINGS



6

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli florets green frozen thawed giant® select®
- ☐ 8 oz sausage meat
- ☐ 14.8 oz regular corn sweet green cream style giant® canned
- ☐ 3 eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 4 oz cheddar cheese shredded

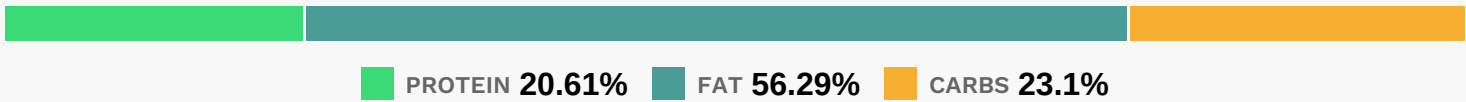
Equipment

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

Directions

- ☐ Heat oven to 325°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. Unroll dough in baking dish; press on bottom and 1/2 inch up sides of dish. Press edges and perforations to seal.
- ☐ In 10-inch skillet, cook pork over medium-high heat, stirring occasionally, until no longer pink; drain. Spoon evenly over dough in dish. Top with broccoli. In large bowl, beat eggs, flour and seasoned salt until well blended. Stir in corn.
- ☐ Pour over broccoli; sprinkle with cheese.
- ☐ Cover with foil; bake 30 minutes. Uncover; bake 25 to 35 minutes longer or until knife inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:8.39, Inflammation Score:-6, Nutrition Score:14.278695583344%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 305.25kcal (15.26%), Fat: 19.72g (30.33%), Saturated Fat: 7.82g (48.85%), Carbohydrates: 18.21g (6.07%), Net Carbohydrates: 15.71g (5.71%), Sugar: 3.83g (4.25%), Cholesterol: 127.96mg (42.65%), Sodium: 793.56mg

(34.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.24g (32.48%), Vitamin C: 31.16mg (37.76%), Vitamin K: 31.89µg (30.37%), Phosphorus: 256.18mg (25.62%), Selenium: 13.43µg (19.18%), Vitamin B2: 0.31mg (18.32%), Calcium: 166.12mg (16.61%), Vitamin B3: 3.24mg (16.22%), Vitamin B6: 0.32mg (15.83%), Zinc: 2.36mg (15.76%), Vitamin B1: 0.21mg (14.29%), Vitamin A: 708.79IU (14.18%), Vitamin B5: 1.4mg (14%), Folate: 52.11µg (13.03%), Vitamin B12: 0.72µg (11.96%), Potassium: 387.86mg (11.08%), Fiber: 2.49g (9.98%), Manganese: 0.2mg (9.98%), Magnesium: 37.81mg (9.45%), Iron: 1.43mg (7.95%), Vitamin D: 1.04µg (6.97%), Vitamin E: 0.74mg (4.96%), Copper: 0.1mg (4.91%)