



 17%
HEALTH SCORE

Sausage Corn Bread Bake

READY IN



75 min.

SERVINGS



6

CALORIES



402 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 30 ounce corn creamed style canned
- 8.5 ounce corn muffin mix
- 1 eggs
- 20 ounce hash browns bob evans®
- 0.3 cup milk
- 0.3 cup onion chopped
- 1 cup peas frozen
- 1 medium bell pepper diced red
- 1 medium bell pepper diced red

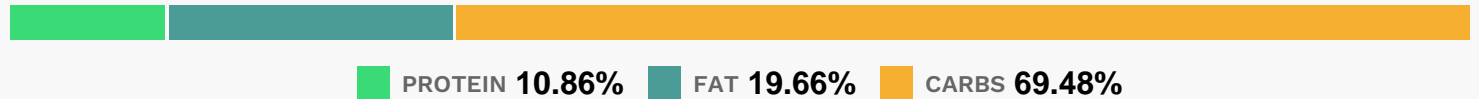
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 375 F.
- In small bowl, combine corn muffin mix, 2/3 cup milk and egg. Set aside. In medium skillet over medium heat, crumble and cook sausage until brown. Stir in corn, onions, peas and red pepper. Set aside. Press potatoes into a greased 9x 13 inch baking dish.
- Pour 1/3 cup milk over potatoes.
- Pour sausage mixture over potatoes and top with corn muffin mixture.
- Cover and bake 45 minutes. Uncover and bake an additional 15 to 20 minutes or until top is golden brown.

Nutrition Facts



Properties

Glycemic Index:34.06, Glycemic Load:6.64, Inflammation Score:-8, Nutrition Score:18.602173913043%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 402.32kcal (20.12%), Fat: 8.87g (13.64%), Saturated Fat: 2.23g (13.95%), Carbohydrates: 70.5g (23.5%), Net Carbohydrates: 64.21g (23.35%), Sugar: 12.26g (13.62%), Cholesterol: 29.71mg (9.9%), Sodium: 598.68mg (26.03%), Protein: 11.02g (22.03%), Vitamin C: 71.3mg (86.42%), Phosphorus: 366.12mg (36.61%), Vitamin A: 1534.76IU (30.7%), Folate: 121.33µg (30.33%), Vitamin B1: 0.38mg (25.65%), Fiber: 6.3g (25.18%), Manganese: 0.5mg (25.07%), Vitamin B3: 4.94mg (24.72%), Potassium: 665.23mg (19.01%), Iron: 2.91mg (16.19%), Vitamin B6: 0.32mg (16.06%), Vitamin B2: 0.26mg (15.53%), Magnesium: 51.76mg (12.94%), Copper: 0.23mg (11.49%), Vitamin K: 10.04µg

(9.57%), Zinc: 1.39mg (9.26%), Vitamin B5: 0.82mg (8.23%), Selenium: 5.56µg (7.94%), Calcium: 66.82mg (6.68%),
Vitamin E: 0.81mg (5.39%), Vitamin B12: 0.17µg (2.91%), Vitamin D: 0.3µg (1.97%)