



Sausage-Cranberry Strata

READY IN



340 min.

SERVINGS



12

CALORIES



964 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb sausage meat
- 8 eggs
- 12 cups muffins diced english
- 0.3 cup spring onion sliced
- 1.5 cups milk
- 12 oz monterrey jack cheese shredded
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 1 cup cream sour

1 cup cranberries dried sweetened

Equipment

bowl

frying pan

oven

knife

whisk

aluminum foil

glass baking pan

Directions

Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 12-inch skillet, cook sausage over medium heat 8 to 10 minutes, stirring occasionally, until no longer pink; drain.

Spread half of the diced muffins in pan; top with half of the sausage, half of the onions and half of the cranberries. Repeat layers with remaining muffins, sausage, onions and cranberries.

In large bowl, beat eggs, milk, sour cream, salt and pepper with wire whisk until well blended; pour over mixture in pan.

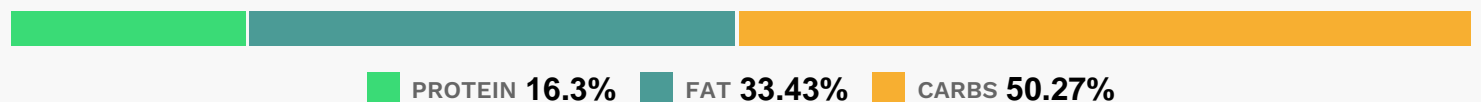
Sprinkle cheese over top. Spray sheet of foil with cooking spray; place sprayed side down over pan. Cover; refrigerate at least 4 hours but no longer than 24 hours.

Heat oven to 325F.

Bake covered 30 minutes. Uncover; bake 30 to 40 minutes longer or until top is golden brown and knife inserted in center comes out clean.

Cut into squares.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:77.46, Inflammation Score:-6, Nutrition Score:23.747391306836%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 964.17kcal (48.21%), Fat: 35.49g (54.6%), Saturated Fat: 14.45g (90.29%), Carbohydrates: 120.09g (40.03%), Net Carbohydrates: 113.1g (41.13%), Sugar: 9.75g (10.84%), Cholesterol: 190.14mg (63.38%), Sodium: 1785.4mg (77.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.94g (77.88%), Phosphorus: 622.17mg (62.22%), Manganese: 0.9mg (44.89%), Vitamin B2: 0.76mg (44.53%), Vitamin B1: 0.62mg (41.57%), Calcium: 415.57mg (41.56%), Vitamin B3: 6.54mg (32.68%), Zinc: 4.32mg (28.82%), Fiber: 6.99g (27.95%), Folate: 109.48µg (27.37%), Vitamin B5: 2.15mg (21.47%), Vitamin B12: 1.28µg (21.3%), Selenium: 14.48µg (20.69%), Iron: 3.54mg (19.67%), Copper: 0.39mg (19.26%), Vitamin B6: 0.38mg (18.96%), Magnesium: 75.27mg (18.82%), Potassium: 594.97mg (17%), Vitamin D: 1.83µg (12.2%), Vitamin A: 608.75IU (12.17%), Vitamin K: 6.55µg (6.24%), Vitamin E: 0.8mg (5.34%), Vitamin C: 1.22mg (1.48%)