



Sausage, Egg and Chile Casserole

READY IN



80 min.

SERVINGS



8

CALORIES



534 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound bulk pork sausage
- 4 ounce chiles green drained chopped canned
- 2 stalks celery chopped
- 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% canned (Regular or)
- 4 eggs
- 1 small bell pepper green chopped
- 3 cups mild cheddar cheese shredded
- 3 cups milk
- 1 small onion chopped

- 1 small bell pepper red chopped
- 8 slices sandwich bread white cut into cubes pepperidge farm®

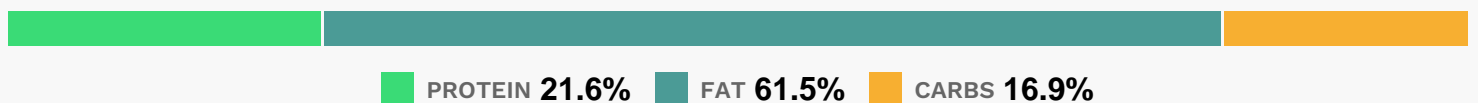
Equipment

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

Directions

- Cook the sausage in a 10-inch skillet over medium-high heat until well browned, stirring often to separate meat.
- Pour off any fat.
- Stir the celery, onion and peppers in the skillet and cook until tender, stirring occasionally. Stir in the chiles.
- Remove the skillet from the heat.
- Place half the bread cubes into a lightly greased 3-quart shallow baking dish.
- Layer with the sausage mixture and remaining bread cubes. Beat the eggs and milk in a medium bowl with a fork or whisk.
- Pour the milk mixture over the bread cubes.
- Bake at 350 degrees F for 45 minutes. Spoon the soup over the casserole.
- Sprinkle with the cheese.
- Bake for 15 minutes or until the cheese is melted.

Nutrition Facts



Properties

Glycemic Index:33.6, Glycemic Load:11.04, Inflammation Score:-7, Nutrition Score:20.797826207202%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 534.48kcal (26.72%), Fat: 36.39g (55.98%), Saturated Fat: 16.2g (101.24%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 20.95g (7.62%), Sugar: 7.07g (7.86%), Cholesterol: 177.92mg (59.31%), Sodium: 1158.36mg (50.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.75g (57.5%), Calcium: 496.52mg (49.65%), Phosphorus: 456.65mg (45.66%), Selenium: 26.42µg (37.74%), Vitamin B2: 0.59mg (34.62%), Vitamin C: 25.48mg (30.88%), Vitamin B12: 1.68µg (28.03%), Zinc: 4.16mg (27.73%), Vitamin B1: 0.38mg (25.36%), Vitamin B3: 4.6mg (23%), Vitamin A: 1121.18IU (22.42%), Vitamin B6: 0.42mg (20.84%), Folate: 68.32µg (17.08%), Vitamin D: 2.44µg (16.25%), Manganese: 0.32mg (16.12%), Vitamin B5: 1.53mg (15.26%), Potassium: 508.6mg (14.53%), Iron: 2.49mg (13.82%), Magnesium: 46.99mg (11.75%), Copper: 0.19mg (9.5%), Vitamin E: 0.97mg (6.44%), Fiber: 1.55g (6.21%), Vitamin K: 5.74µg (5.46%)