



Sausage, Egg and Vegetable Casserole

READY IN



90 min.

SERVINGS



30

CALORIES



138 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 9 large eggs
- ☐ 0.5 large bell pepper green seeded chopped
- ☐ 3 cups milk
- ☐ 4 ounces mushrooms chopped
- ☐ 1 small onion chopped
- ☐ 1.5 pound diestel breakfast sausage
- ☐ 0.5 large bell pepper red seeded chopped
- ☐ 1 teaspoon salt

- ☐ 1.5 cups cheddar cheese shredded
- ☐ 3 slices sandwich bread white

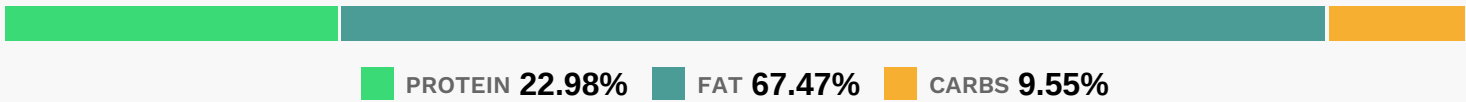
Equipment

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

Directions

- ☐ Mist a 9-by-13-inch baking dish with cooking spray. If baking immediately, preheat oven to 350F.
- ☐ In a skillet over medium heat, cook sausage, stirring and breaking up chunks, until no longer pink, 5 to 6 minutes.
- ☐ Transfer to a bowl.
- ☐ Drain skillet of all but 1 Tbsp. fat.
- ☐ Add onion to skillet and cook, stirring for 3 minutes.
- ☐ Add bell peppers and mushrooms; saut for 5 minutes.
- ☐ Transfer to a bowl; let cool.
- ☐ Whisk eggs, milk, salt and mustard. Stir in bread, Cheddar, sausage and vegetables.
- ☐ Pour into dish.
- ☐ Bake until middle is set and edges have browned, 50 to 60 minutes, or cover with plastic and refrigerate for up to 24 hours, then bake.

Nutrition Facts



Properties

Glycemic Index:10.03, Glycemic Load:1.47, Inflammation Score:-2, Nutrition Score:5.4834782636684%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 138.17kcal (6.91%), Fat: 10.28g (15.82%), Saturated Fat: 4.03g (25.19%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 3.01g (1.1%), Sugar: 1.74g (1.94%), Cholesterol: 80.71mg (26.9%), Sodium: 307.18mg (13.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.76%), Phosphorus: 119.39mg (11.94%), Selenium: 7.78µg (11.12%), Vitamin B2: 0.18mg (10.59%), Calcium: 87.15mg (8.72%), Vitamin B12: 0.52µg (8.66%), Vitamin C: 6.11mg (7.4%), Vitamin B3: 1.41mg (7.04%), Zinc: 1.05mg (7.02%), Vitamin B1: 0.1mg (6.96%), Vitamin B6: 0.14mg (6.86%), Vitamin D: 0.9µg (6.03%), Vitamin B5: 0.58mg (5.82%), Vitamin A: 290.27IU (5.81%), Potassium: 147.56mg (4.22%), Iron: 0.66mg (3.67%), Folate: 13.89µg (3.47%), Magnesium: 11.52mg (2.88%), Copper: 0.05mg (2.33%), Vitamin E: 0.32mg (2.11%), Manganese: 0.04mg (1.76%), Fiber: 0.26g (1.04%)