



Sausage Egg Bake

 Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



258 kcal

SIDE DISH

Ingredients

- 1 pound ground sausage italian
- 20 ounces condensed cream of potato soup undiluted canned
- 9 large eggs lightly beaten
- 0.8 cup milk 2%
- 0.3 teaspoon pepper
- 1 cup cheddar cheese shredded

Equipment

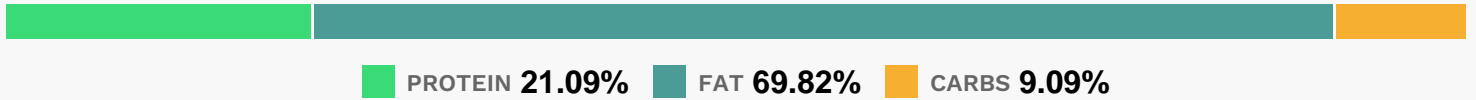
- bowl

- frying pan
- oven
- knife
- whisk
- baking pan

Directions

- In a large skillet, cook sausage over medium heat until no longer pink; drain. Stir in soup. In a large bowl, whisk eggs, milk and pepper; stir in sausage mixture.
- Transfer to a lightly greased 2-qt. baking dish.
- Sprinkle with cheese.
- Bake, uncovered, at 375° for 40-45 minutes or until a knife inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:9.4734781591789%

Nutrients (% of daily need)

Calories: 258.19kcal (12.91%), Fat: 19.79g (30.45%), Saturated Fat: 7.89g (49.29%), Carbohydrates: 5.8g (1.93%), Net Carbohydrates: 5.6g (2.04%), Sugar: 1.72g (1.91%), Cholesterol: 181.19mg (60.4%), Sodium: 683.95mg (29.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.45g (26.91%), Selenium: 24.82µg (35.46%), Phosphorus: 202.17mg (20.22%), Vitamin B2: 0.32mg (18.67%), Vitamin B1: 0.25mg (16.76%), Vitamin B12: 0.87µg (14.58%), Zinc: 1.81mg (12.09%), Calcium: 119.82mg (11.98%), Vitamin B5: 1.19mg (11.9%), Vitamin B6: 0.2mg (10.18%), Manganese: 0.18mg (9.12%), Copper: 0.16mg (7.81%), Vitamin B3: 1.48mg (7.39%), Iron: 1.3mg (7.24%), Vitamin A: 344.26IU (6.89%), Potassium: 227.34mg (6.5%), Folate: 24.32µg (6.08%), Vitamin D: 0.81µg (5.38%), Magnesium: 14.5mg (3.63%), Vitamin E: 0.5mg (3.35%)