



Sausage-Egg Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



242 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 0.3 teaspoon mustard dry
- 1 cup egg substitute
- 1.5 cups milk fat-free
- 4 inch bread french cubed
- 0.1 teaspoon ground pepper red
- 0.8 pound turkey and pork ground sausage reduced-fat
- 3 ounces cheddar cheese shredded reduced-fat

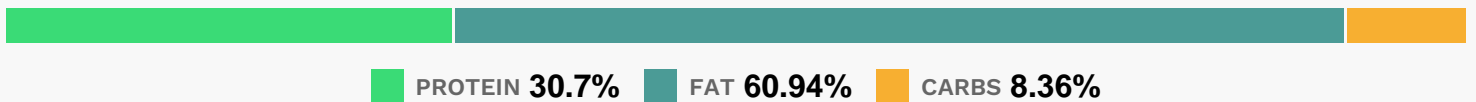
Equipment

- paper towels
- oven
- baking pan

Directions

- Preheat oven to 350
- Place bread cubes in a 2-quart baking dish coated with cooking spray; set aside.
- Cook sausage over medium heat until browned, stirring until it crumbles.
- Drain and pat dry with paper towels.
- Sprinkle sausage over bread cubes.
- Combine egg substitute and remaining ingredients; stir well.
- Pour egg mixture over sausage. Cover and chill 8 hours.
- Bake, uncovered, at 350 for 50 minutes or until set.
- Serve immediately.
- Tip: This hearty casserole is great for a brunch menu.
- Serve it with Zippy Garlic-Cheese Grits, Fresh Fruit Salad, and Spicy Tomato Sippers.

Nutrition Facts



Properties

Glycemic Index:28.96, Glycemic Load:1.68, Inflammation Score:-3, Nutrition Score:10.3691303581%

Nutrients (% of daily need)

Calories: 242.07kcal (12.1%), Fat: 16.16g (24.86%), Saturated Fat: 5.64g (35.28%), Carbohydrates: 4.99g (1.66%), Net Carbohydrates: 4.93g (1.79%), Sugar: 4.05g (4.51%), Cholesterol: 45.64mg (15.21%), Sodium: 562.29mg (24.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.32g (36.64%), Selenium: 20.46µg (29.23%), Phosphorus: 242.08mg (24.21%), Vitamin B2: 0.34mg (20.17%), Calcium: 175.14mg (17.51%), Vitamin B12: 1.04µg (17.38%), Vitamin B1: 0.25mg (16.85%), Zinc: 2.18mg (14.53%), Vitamin B3: 2.89mg (14.46%), Vitamin D: 2.07µg (13.77%), Vitamin B6: 0.27mg (13.59%), Vitamin B5: 1.3mg (12.95%), Potassium: 340.89mg (9.74%), Iron: 1.56mg (8.66%), Magnesium: 24.47mg (6.12%), Vitamin A: 304.18IU (6.08%), Vitamin E: 0.77mg (5.15%), Folate: 12.01µg (3%), Copper: 0.05mg (2.68%)