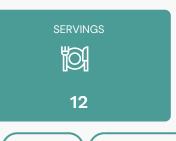


Sausage Egg Casserole







MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

I teaspoon double-acting baking powder
0.3 cup butter melted
10 eggs beaten
1 cup flour all-purpose
0.5 pound mushrooms fresh sliced
8 ounce chilis diced green drained canned
4 spring onion chopped
0.8 pound sausage meat

16 ounce cottage cheese low-fat

	1 pound monterrey jack cheese shredded
	0.5 teaspoon salt
-	
Equipment	
	bowl
	frying pan
	oven
	baking pan
	_
Dii	rections
	Place sausage in a large, deep skillet. Cook over medium-high heat until evenly brown.
	Drain, and set aside. Melt butter in skillet, and cook and stir the green onions and mushrooms until tender.
	In a large bowl, mix the eggs, cottage cheese, Monterey Jack cheese, and chiles. Stir in the sausage, green onions, and mushrooms. Cover, and refrigerate overnight.
	Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
	In a bowl, sift together the flour, baking powder, and salt. Blend in the melted butter. Stir the flour mixture into the egg mixture.
	Pour into the prepared baking dish.
	Bake 40 to 50 minutes in the preheated oven, or until lightly brown.
	Let stand 10 minutes before serving.
	Nutrition Facts
	NULTILION FACIS
	PROTEIN 24.88% FAT 63.7% CARBS 11.42%
	1 NOTE IN 27.00 /0 121 00.1 /0 0AND 11.72 /0
Pro	perties
Chr	portion

Glycemic Index:28, Glycemic Load:6.1, Inflammation Score:-5, Nutrition Score:14.725652155669%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 399.53kcal (19.98%), Fat: 28.19g (43.36%), Saturated Fat: 14.38g (89.86%), Carbohydrates: 11.37g (3.79%), Net Carbohydrates: 10.48g (3.81%), Sugar: 1.85g (2.06%), Cholesterol: 205.52mg (68.51%), Sodium: 862.23mg (37.49%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 24.76g (49.53%), Phosphorus: 369.23mg (36.92%), Selenium: 25.57µg (36.53%), Calcium: 361.1mg (36.11%), Vitamin B2: 0.55mg (32.38%), Vitamin B12: 1.14µg (18.96%), Zinc: 2.58mg (17.17%), Folate: 64.09µg (16.02%), Vitamin A: 746.71lU (14.93%), Vitamin B3: 2.88mg (14.42%), Vitamin B1: 0.21mg (13.85%), Vitamin B6: 0.25mg (12.71%), Vitamin B5: 1.27mg (12.67%), Iron: 2.21mg (12.27%), Vitamin K: 9.96µg (9.48%), Vitamin C: 7.81mg (9.47%), Vitamin D: 1.37µg (9.11%), Potassium: 289.28mg (8.27%), Copper: 0.15mg (7.32%), Magnesium: 26.23mg (6.56%), Manganese: 0.1mg (5.18%), Vitamin E: 0.72mg (4.78%), Fiber: 0.9g (3.58%)