



Sausage Egg Casserole

READY IN



580 min.

SERVINGS



12

CALORIES



400 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 1 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

Directions

- 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



PROTEIN 24.88% FAT 63.7% CARBS 11.42%

Properties

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, 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 %: 0% (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: 746.71IU (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%)