



Sausage-Ham Breakfast Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



888 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 3 large eggs
- ☐ 1 pound sausage meat hot
- ☐ 2 cups ham chopped
- ☐ 1 cup milk
- ☐ 1 teaspoon mustard prepared
- ☐ 0.1 teaspoon pepper
- ☐ 8 ounce sharp cheddar cheese shredded divided
- ☐ 3 slices sandwich bread white

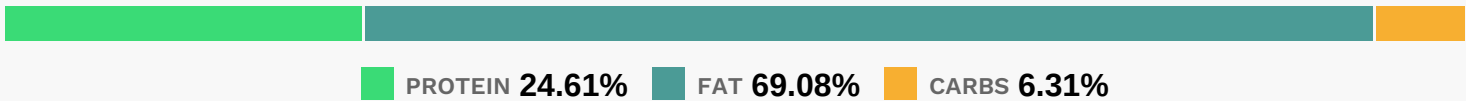
Equipment

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

Directions

- ☐ Cook sausage in a large skillet over medium-high heat, stirring until sausage crumbles and is no longer pink.
- ☐ Drain well.
- ☐ Arrange bread slices in a lightly greased 8-inch square baking dish.
- ☐ Sprinkle sausage over bread.
- ☐ Sprinkle half of cheese over sausage.
- ☐ Whisk together eggs and next 3 ingredients.
- ☐ Pour over cheese.
- ☐ Sprinkle with ham; top with remaining cheese. Cover and chill 8 hours.
- ☐ Bake casserole at 350 for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:57.94, Glycemic Load:8.04, Inflammation Score:-6, Nutrition Score:28.28043481578%

Nutrients (% of daily need)

Calories: 887.93kcal (44.4%), Fat: 67.34g (103.6%), Saturated Fat: 27.51g (171.96%), Carbohydrates: 13.83g (4.61%), Net Carbohydrates: 13.33g (4.85%), Sugar: 4.28g (4.75%), Cholesterol: 328.57mg (109.52%), Sodium: 2102.55mg (91.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.98g (107.95%), Phosphorus: 721.07mg (72.11%), Selenium: 49.39µg (70.55%), Vitamin B1: 0.9mg (59.71%), Calcium: 552.62mg (55.26%), Vitamin B2: 0.84mg (49.68%), Vitamin B3: 9.48mg (47.39%), Zinc: 7.07mg (47.15%), Vitamin B12: 2.68µg (44.6%), Vitamin B6: 0.77mg

(38.57%), Vitamin D: 3.73µg (24.84%), Vitamin B5: 2.22mg (22.22%), Potassium: 692.98mg (19.8%), Vitamin A: 955.91IU (19.12%), Iron: 3.27mg (18.17%), Magnesium: 62.07mg (15.52%), Folate: 53.68µg (13.42%), Copper: 0.2mg (10.21%), Vitamin E: 1.36mg (9.09%), Manganese: 0.16mg (7.91%), Vitamin K: 2.27µg (2.16%), Fiber: 0.5g (2%)