



Sausage-Hash Brown Breakfast Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



464 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 6 large eggs
- ☐ 1 pound sausage meat
- ☐ 1 pound sausage meat hot
- ☐ 30 ounce hash browns frozen
- ☐ 2 cups milk
- ☐ 0.5 teaspoon pepper
- ☐ 1.5 teaspoons salt divided
- ☐ 1 cup cheddar cheese shredded

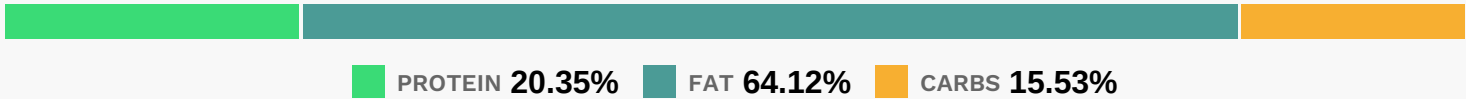
Equipment

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

Directions

- ☐ Cook sausages in a large skillet over medium-high heat, stirring until sausage crumbles and is no longer pink.
- ☐ Drain well.
- ☐ Prepare hash browns according to package directions, using 1/2 teaspoon salt and pepper.
- ☐ Stir together hash browns, sausage, and cheese.
- ☐ Pour into a lightly greased 13- x 9-inch baking dish.
- ☐ Whisk together eggs, milk, and remaining 1 teaspoon salt.
- ☐ Pour evenly over potato mixture.
- ☐ Bake at 350 for 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:18.4, Glycemic Load:5.26, Inflammation Score:-3, Nutrition Score:14.404782585476%

Nutrients (% of daily need)

Calories: 464.06kcal (23.2%), Fat: 32.85g (50.55%), Saturated Fat: 12.14g (75.85%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 16.69g (6.07%), Sugar: 2.5g (2.77%), Cholesterol: 194.07mg (64.69%), Sodium: 1079.57mg (46.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.47g (46.93%), Phosphorus: 323.04mg (32.3%), Vitamin B3: 5.76mg (28.81%), Vitamin B1: 0.37mg (24.98%), Vitamin B12: 1.42µg (23.69%), Vitamin B2: 0.38mg (22.18%), Vitamin B6: 0.44mg (22.02%), Zinc: 3.15mg (21.01%), Selenium: 13.6µg (19.42%), Calcium: 174.04mg (17.4%), Potassium: 592.07mg (16.92%), Vitamin D: 2.38µg (15.89%), Vitamin B5: 1.57mg (15.73%), Iron: 2.4mg (13.31%), Vitamin C: 7.61mg (9.22%), Magnesium: 34.74mg (8.69%), Copper: 0.17mg (8.57%), Vitamin A: 422.87IU

(8.46%), Manganese: 0.15mg (7.69%), Folate: 20.8µg (5.2%), Fiber: 1.22g (4.86%), Vitamin E: 0.6mg (3.98%)