



Sausage Roll Casserole

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



461 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings garnish: basil leaves fresh
- ☐ 1.5 cups cheddar cheese grated
- ☐ 1.5 teaspoons dijon mustard
- ☐ 5 large eggs
- ☐ 0.1 tsp ground pepper red
- ☐ 1 cup milk
- ☐ 0.8 teaspoon salt
- ☐ 18 oz sausage wrap rolls frozen

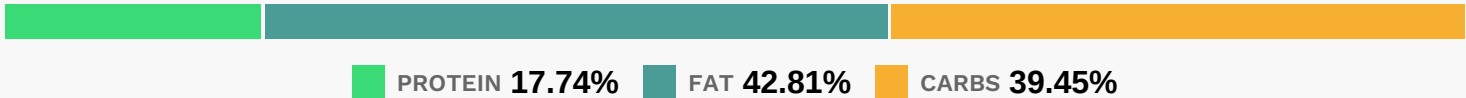
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Whisk together first 5 ingredients until blended.
- ☐ Break apart sausage rolls; cut each roll crosswise into thirds, cutting across sausage.
- ☐ Layer half of rolls in a lightly greased 11- x 7-inch baking dish; sprinkle with half of cheese. Repeat layers once.
- ☐ Pour egg mixture over rolls and cheese. Cover and chill 4 to 24 hours.
- ☐ Preheat oven to 32
- ☐ Bake casserole 50 to 55 minutes or until center is set.
- ☐ Let stand 5 minutes before serving.
- ☐ Garnish, if desired.
- ☐ *1 1/4 cups egg substitute may be substituted.
- ☐ Note: For testing purposes only, we used Sister Schubert's Sausage Wrap
- ☐ Rolls.

Nutrition Facts



Properties

Glycemic Index:38.83, Glycemic Load:14.2, Inflammation Score:-6, Nutrition Score:18.66086936904%

Nutrients (% of daily need)

Calories: 460.83kcal (23.04%), Fat: 21.73g (33.42%), Saturated Fat: 9.97g (62.33%), Carbohydrates: 45.04g (15.01%), Net Carbohydrates: 41.97g (15.26%), Sugar: 5.39g (5.98%), Cholesterol: 188.13mg (62.71%), Sodium: 1189.86mg (51.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.26g (40.52%), Selenium: 40.96µg (58.51%), Phosphorus: 430.74mg (43.07%), Calcium: 401.81mg (40.18%), Vitamin B2: 0.61mg (36.1%), Vitamin B1:

0.48mg (31.91%), Folate: 106.95µg (26.74%), Manganese: 0.47mg (23.3%), Iron: 3.95mg (21.95%), Vitamin B3: 3.88mg (19.38%), Vitamin B12: 0.89µg (14.83%), Zinc: 2.22mg (14.78%), Vitamin K: 15.4µg (14.66%), Vitamin A: 695.94IU (13.92%), Fiber: 3.07g (12.29%), Vitamin B5: 1.05mg (10.55%), Vitamin D: 1.45µg (9.67%), Magnesium: 38.16mg (9.54%), Vitamin B6: 0.17mg (8.51%), Potassium: 255.15mg (7.29%), Copper: 0.14mg (6.86%), Vitamin E: 0.7mg (4.68%)