



Sausage-Spinach Breakfast Bake

READY IN



60 min.

SERVINGS



10

CALORIES



470 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 1 lb sausage meat italian
- 0.5 cup butter melted
- 5 eggs beaten
- 8 oz mushrooms fresh sliced (3 cups)
- 18 oz spinach frozen thawed drained chopped
- 1.3 cups milk
- 1 cup onion coarsely chopped
- 0.5 cup parmesan cheese grated
- 8 oz mozzarella cheese shredded

- 1.5 cups bell pepper red coarsely chopped
- 1.5 cups self raising flour
- 1 tablespoon vegetable oil

Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- glass baking pan

Directions

- Heat oven to 400F. Grease 13x9-inch (3-quart) glass baking dish with shortening or cooking spray. In 12-inch skillet, cook sausage over medium-high heat 8 minutes, stirring frequently, until browned.
- Remove from skillet; drain.
- In same skillet, heat oil over medium-high heat.
- Add onion and bell pepper; cook 5 minutes, stirring occasionally.
- Add mushrooms; cook and stir 3 minutes or until vegetables are tender. Stir in spinach and cooked sausage.
- Pour into baking dish.
- Sprinkle with cheese.
- In medium bowl, beat topping ingredients with wire whisk until smooth.
- Pour over filling in baking dish.
- Bake 35 to 40 minutes or until topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:25.1, Glycemic Load:10.26, Inflammation Score:-10, Nutrition Score:27.693478418433%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 470.06kcal (23.5%), Fat: 32.83g (50.51%), Saturated Fat: 11.2g (70.03%), Carbohydrates: 22.13g (7.38%), Net Carbohydrates: 19.23g (6.99%), Sugar: 4.24g (4.71%), Cholesterol: 140.43mg (46.81%), Sodium: 708.85mg (30.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.42g (44.85%), Vitamin K: 194.49µg (185.23%), Vitamin A: 7488.93IU (149.78%), Vitamin C: 33.42mg (40.5%), Selenium: 25.66µg (36.65%), Phosphorus: 323.34mg (32.33%), Vitamin B2: 0.52mg (30.8%), Manganese: 0.58mg (29.24%), Calcium: 290.62mg (29.06%), Folate: 110.15µg (27.54%), Vitamin B12: 1.35µg (22.52%), Vitamin B6: 0.41mg (20.54%), Zinc: 2.92mg (19.45%), Vitamin B3: 3.71mg (18.57%), Vitamin E: 2.78mg (18.52%), Vitamin B1: 0.26mg (17.38%), Magnesium: 68.56mg (17.14%), Potassium: 557.75mg (15.94%), Vitamin B5: 1.37mg (13.73%), Iron: 2.39mg (13.26%), Copper: 0.24mg (12.02%), Fiber: 2.9g (11.59%), Vitamin D: 1.53µg (10.17%)