



Sister Schubert's® Breakfast Bake

 Popular

READY IN



90 min.

SERVINGS



10

CALORIES



426 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1.5 cups cheddar cheese shredded white yellow
- 6 sister schubert dinner yeast rolls whole wheat cut into 1" pieces
- 6 large eggs beaten
- 2.5 cups half and half
- 2 teaspoons hot sauce to taste
- 1 small onion chopped
- 0.3 cup parmesan cheese grated

- 1 teaspoon salt
- 1 pound sausage cooked drained
- 8 ounces pkt spinach fresh
- 2 teaspoons vegetable oil

Equipment

- frying pan
- oven
- whisk
- mixing bowl
- plastic wrap
- baking pan
- aluminum foil
- kitchen towels
- colander
- cutting board

Directions

- Butter a 9 x 11- inch baking dish.
- In a large mixing bowl, whisk together eggs, half and half, salt, pepper and hot sauce.
- Heat oil in a medium skillet; add onions and saute until tender, about 3 minutes.
- Add spinach and cook, tossing constantly until wilted.
- Place mixture in a colander and drain well by pressing spinach with the back of a large spoon.
- Transfer spinach to a clean cotton tea towel and carefully squeeze out the remaining moisture.
- Transfer spinach mixture to a cutting board and coarsely chop.
- Place bread pieces into prepared dish.
- Top with spinach, sausage and half of cheddar cheese.

- Pour egg mixture over all and top with remaining cheddar cheese and Parmesan cheese. Cover with plastic wrap and refrigerate for 2 hours or overnight.
- Preheat oven to 350 degrees F.
- Bake 45 to 55 minutes or until casserole puffs and center of casserole is set. If top of casserole is browning too quickly, cover loosely with aluminum foil during baking process. Allow 8 to 10 minutes of resting time before serving.

Nutrition Facts



Properties

Glycemic Index:14.6, Glycemic Load:0.37, Inflammation Score:-9, Nutrition Score:21.986087114915%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 426.47kcal (21.32%), Fat: 30.93g (47.59%), Saturated Fat: 13.37g (83.54%), Carbohydrates: 16.96g (5.65%), Net Carbohydrates: 15.34g (5.58%), Sugar: 3.49g (3.88%), Cholesterol: 184.56mg (61.52%), Sodium: 929.69mg (40.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.17g (40.33%), Vitamin K: 113.61µg (108.2%), Vitamin A: 2730.3IU (54.61%), Selenium: 25.6µg (36.57%), Phosphorus: 311.81mg (31.18%), Vitamin B2: 0.51mg (29.95%), Calcium: 297.68mg (29.77%), Manganese: 0.51mg (25.26%), Folate: 80.95µg (20.24%), Vitamin B1: 0.29mg (19.57%), Zinc: 2.7mg (18.03%), Vitamin B3: 3.46mg (17.29%), Vitamin B12: 0.98µg (16.35%), Vitamin B6: 0.31mg (15.38%), Iron: 2.66mg (14.77%), Magnesium: 49.57mg (12.39%), Potassium: 420.37mg (12.01%), Vitamin B5: 1.14mg (11.37%), Vitamin C: 8.35mg (10.12%), Vitamin E: 1.32mg (8.82%), Vitamin D: 1.3µg (8.69%), Copper: 0.14mg (6.81%), Fiber: 1.63g (6.5%)