



Slow-Cooker Make-Ahead Sausage and Mushroom Scrambled Eggs

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



265 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 oz sausage meat
- ☐ 8 oz mushrooms fresh sliced (3 cups)
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 0.3 cup bell pepper green finely chopped
- ☐ 3 tablespoons butter
- ☐ 16 eggs
- ☐ 0.5 teaspoon thyme leaves dried

- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 10.8 oz cream of mushroom soup reduced-sodium canned
- ☐ 8 oz cheddar cheese shredded
- ☐ 1 cup frangelico

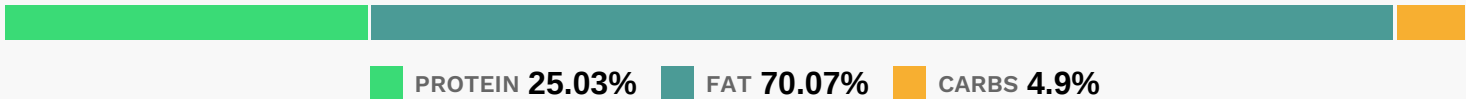
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slow cooker

Directions

- ☐ In 12-inch nonstick skillet, cook sausage over medium-high heat 5 to 7 minutes, stirring occasionally, until no longer pink.
- ☐ Add mushrooms and bell peppers; cook 4 to 5 minutes, stirring frequently, until vegetables are tender.
- ☐ Remove mixture from skillet; drain. Wipe skillet clean with paper towel.
- ☐ In same skillet, melt butter over medium heat. Meanwhile, in large bowl, beat eggs. Stir half-and-half, thyme, salt and pepper into eggs.
- ☐ Add egg mixture to butter in skillet. Cook over medium heat about 7 minutes, stirring constantly, until mixture is firm but still moist. Stir in soup.
- ☐ Spray 3- to 4-quart slow cooker with cooking spray. In cooker, place half of egg mixture. Top with half each of the sausage mixture and cheese. Repeat layers.
- ☐ Cover; cook on Low heat setting 30 minutes or until cheese is melted.
- ☐ Mixture can be kept warm on Low heat setting up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:17.17, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:11.613043458565%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 264.89kcal (13.24%), Fat: 20.53g (31.58%), Saturated Fat: 8.03g (50.19%), Carbohydrates: 3.23g (1.08%), Net Carbohydrates: 2.85g (1.04%), Sugar: 0.86g (0.95%), Cholesterol: 252.02mg (84.01%), Sodium: 638.25mg (27.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.5g (33%), Selenium: 25.12µg (35.89%), Vitamin B2: 0.47mg (27.71%), Phosphorus: 254.24mg (25.42%), Calcium: 171.92mg (17.19%), Vitamin B12: 0.93µg (15.58%), Vitamin A: 758.41IU (15.17%), Zinc: 2.25mg (15.01%), Vitamin B5: 1.45mg (14.52%), Vitamin B6: 0.22mg (10.86%), Vitamin D: 1.57µg (10.47%), Folate: 38.54µg (9.63%), Vitamin B3: 1.9mg (9.51%), Iron: 1.58mg (8.79%), Copper: 0.18mg (8.78%), Vitamin C: 7.14mg (8.65%), Potassium: 249.02mg (7.11%), Vitamin B1: 0.11mg (7.01%), Vitamin E: 0.96mg (6.43%), Manganese: 0.12mg (5.93%), Magnesium: 19.26mg (4.82%), Fiber: 0.38g (1.52%), Vitamin K: 1.16µg (1.1%)