



Slow Cooker Overnight Breakfast Casserole

 Gluten Free

READY IN



510 min.

SERVINGS



12

CALORIES



372 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 24 ounce & spicy breakfast sausage hot johnsonville®
- ☐ 4 ounce mild chilies diced green canned
- ☐ 12 eggs
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup green onions chopped
- ☐ 30 ounce hash brown potatoes shredded frozen
- ☐ 1 cup milk
- ☐ 0.1 teaspoon pepper

- ☐ 1 bell pepper sweet red chopped
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups cheddar cheese shredded

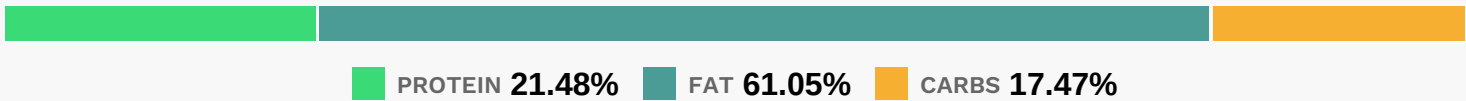
Equipment

- ☐ bowl
- ☐ kitchen thermometer
- ☐ slow cooker

Directions

- ☐ Cook sausage according to package directions; cut into 1/4-inch slices; set aside. In a bowl, combine green onions, red pepper, chilies and cilantro; set aside.
- ☐ Spray the interior of a 5 to 6 quart slow cooker with vegetable cooking spray.
- ☐ Layer one-third of the hash browns, sausage, green onion mixture and cheese into crock. Repeat layers twice. In a bowl, beat the eggs, milk, salt and pepper; pour over layered ingredients.
- ☐ Cover and cook on low for 7 to 8 hours or until thermometer inserted into the center reads 160 degrees F.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:4.61, Inflammation Score:-6, Nutrition Score:16.317826022273%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 372.39kcal (18.62%), Fat: 25.21g (38.78%), Saturated Fat: 9.58g (59.89%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 14.66g (5.33%), Sugar: 2.3g (2.56%), Cholesterol: 221.07mg (73.69%), Sodium: 638.42mg (27.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.95g (39.91%), Vitamin C: 34.14mg (41.38%), Phosphorus: 292.12mg (29.21%), Selenium: 18.22µg (26.02%), Vitamin B2: 0.39mg (23.2%), Vitamin B3: 4.17mg (20.85%), Vitamin B6: 0.41mg (20.72%), Vitamin K: 20.89µg (19.89%), Vitamin A: 960.74IU (19.21%), Vitamin B12: 1.13µg (18.88%), Vitamin B1: 0.27mg (18.32%), Zinc: 2.63mg (17.55%), Calcium: 170.1mg (17.01%), Potassium: 521.09mg (14.89%), Vitamin B5: 1.48mg (14.77%), Iron: 2.39mg (13.27%), Vitamin D: 1.93µg (12.84%), Folate: 39.33µg (9.83%), Manganese: 0.17mg (8.36%), Copper: 0.17mg (8.3%), Magnesium: 32.42mg (8.11%), Vitamin E: 0.96mg (6.41%), Fiber: 1.57g (6.29%)