



Slow Cooker Overnight Breakfast Casserole

 Gluten Free

READY IN



510 min.

SERVINGS



30

CALORIES



149 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 2 packages johnsonville & spicy breakfast sausage hot (12 ounces, each)
- ☐ 4 ounces mild chilies diced green canned
- ☐ 12 eggs
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup green onions chopped
- ☐ 30 ounces 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

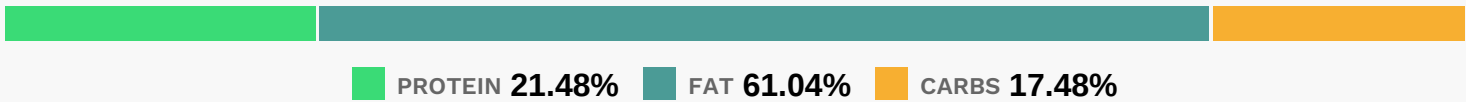
Equipment

- ☐ 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 7–8 hours or until thermometer inserted into the center reads 160F.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:9.9, Glycemic Load:1.84, Inflammation Score:-3, Nutrition Score:6.5269564960314%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 148.91kcal (7.45%), Fat: 10.08g (15.51%), Saturated Fat: 3.83g (23.95%), Carbohydrates: 6.49g (2.17%), Net Carbohydrates: 5.87g (2.13%), Sugar: 0.92g (1.02%), Cholesterol: 88.42mg (29.47%), Sodium: 255.28mg (11.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.96%), Vitamin C: 13.66mg (16.55%), Phosphorus:

116.83mg (11.68%), Selenium: 7.29µg (10.41%), Vitamin B2: 0.16mg (9.28%), Vitamin B3: 1.67mg (8.34%), Vitamin B6: 0.17mg (8.29%), Vitamin K: 8.35µg (7.96%), Vitamin A: 384.29IU (7.69%), Vitamin B12: 0.45µg (7.55%), Vitamin B1: 0.11mg (7.32%), Zinc: 1.05mg (7.02%), Calcium: 68.04mg (6.8%), Potassium: 208.4mg (5.95%), Vitamin B5: 0.59mg (5.91%), Iron: 0.96mg (5.31%), Vitamin D: 0.77µg (5.13%), Folate: 15.73µg (3.93%), Manganese: 0.07mg (3.35%), Copper: 0.07mg (3.32%), Magnesium: 12.97mg (3.24%), Vitamin E: 0.38mg (2.57%), Fiber: 0.63g (2.52%)