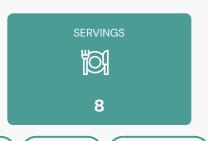


# Slow-Cooker Sausage and Egg Breakfast Casserole

**Gluten Free** 







MORNING MEAL

**BRUNCH** 

**BREAKFAST** 

SIDE DISH

# Ingredients

12	eggs

0.5 teaspoon pepper red crushed

0.5 teaspoon salt

O.3 teaspoon pepper black freshly ground

4 oz cheddar cheese shredded

4 oz colby cheese shredded

0.5 cup spring onion chopped

П	20 oz hash browns shredded refrigerated cooked		
	1 lb sausage meat cooked drained		
	0.5 cup roasted peppers red chopped		
	0.8 cup frangelico		
Εq	uipment		
	bowl		
	knife		
	whisk		
	aluminum foil		
	slow cooker		
Diı	rections		
	Line sides of 4- to 5-quart slow cooker with foil that has been folded into thirds; spray with cooking spray. (See tip.)		
	In medium bowl, beat eggs, half-and-half, pepper flakes, salt and pepper with whisk. Reserve 3/4 cup Cheddar cheese and 2 tablespoons green onions; set aside. In small bowl, stir together remaining cheeses.		
	Layer half of the potatoes, sausage, roasted peppers, remaining green onions and cheese in slow cooker. Repeat layers.		
	Pour egg mixture over layers.		
	Cover; cook on Low heat setting 4 to 5 hours or on High heat setting 2 1/2 to 3 hours or until temperature reaches 160°F in center and egg mixture is set.		
	Sprinkle reserved cheese and green onions over top of casserole. Cover; cook 10 minutes longer or until cheese is melted.		
	Remove foil before serving by loosening edges with table knife.		
Nutrition Facts			
PROTEIN 22.92% FAT 63.77% CARBS 13.31%			

# **Properties**

Glycemic Index:18.75, Glycemic Load:3.78, Inflammation Score:-5, Nutrition Score:16.819130524345%

### **Flavonoids**

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

### **Nutrients** (% of daily need)

Calories: 442.63kcal (22.13%), Fat: 31.19g (47.98%), Saturated Fat: 12.76g (79.77%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 13.33g (4.85%), Sugar: 0.52g (0.58%), Cholesterol: 313.98mg (104.66%), Sodium: 916.43mg (39.84%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 25.22g (50.43%), Selenium: 26.63µg (38.05%), Phosphorus: 374.77mg (37.48%), Vitamin B2: 0.51mg (29.72%), Calcium: 255.33mg (25.53%), Vitamin B12: 1.34µg (22.29%), Zinc: 3.23mg (21.55%), Vitamin B3: 4.01mg (20.06%), Vitamin B6: 0.39mg (19.53%), Vitamin B1: 0.26mg (17.55%), Vitamin B5: 1.72mg (17.19%), Vitamin A: 827.07IU (16.54%), Iron: 2.8mg (15.56%), Vitamin D: 2.23µg (14.85%), Potassium: 495.92mg (14.17%), Vitamin C: 11.45mg (13.88%), Vitamin K: 14.32µg (13.64%), Folate: 45.4µg (11.35%), Copper: 0.18mg (9.22%), Magnesium: 33.68mg (8.42%), Manganese: 0.16mg (8.12%), Vitamin E: 1.03mg (6.86%), Fiber: 1.32g (5.28%)