



## Slow-Cooker Sausage and Egg Breakfast Casserole

 Gluten Free

READY IN



260 min.

SERVINGS



8

CALORIES



443 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 12 eggs
- 0.5 teaspoon pepper red crushed
- 0.5 teaspoon salt
- 0.3 teaspoon pepper black freshly ground
- 4 oz cheddar cheese shredded
- 4 oz colby cheese shredded
- 0.5 cup spring onion chopped

- 20 oz hash browns shredded refrigerated cooked
- 1 lb sausage meat cooked drained
- 0.5 cup roasted peppers red chopped
- 0.8 cup frangelico

## Equipment

- bowl
- knife
- whisk
- aluminum foil
- slow cooker

## Directions

- 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



## 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: 0g (100%), Alcohol %: 0% (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%)