



Smoked Sausage Casserole with Cheesy Cornbread

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb andouille smoked fully cooked cut into 1/4-inch slices
- ☐ 1 lb broccoli frozen thawed drained
- ☐ 21.5 oz condensed cream of cheddar cheese soup canned
- ☐ 0.8 cup cornmeal
- ☐ 1.5 cups milk
- ☐ 2 eggs
- ☐ 4 oz cheddar cheese shredded

☐ 1.3 cups frangelico

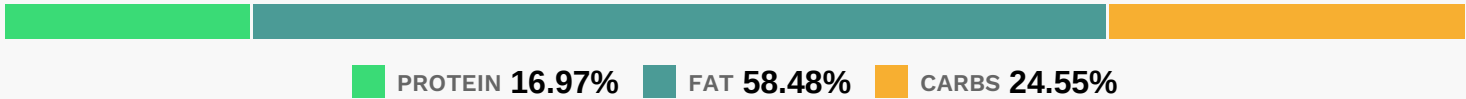
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450°F. Spray 13x9-inch pan with cooking spray. In pan, mix sausage, vegetables and soup.
- ☐ In medium bowl, stir Bisquick mix, cornmeal, milk, eggs and 1/2 cup of the cheese until blended.
- ☐ Pour over sausage mixture.
- ☐ Bake uncovered 25 to 30 minutes, sprinkling with remaining 1/2 cup cheese for last 1 to 2 minutes of baking, until light brown.

Nutrition Facts



Properties

Glycemic Index:20.69, Glycemic Load:8.12, Inflammation Score:-7, Nutrition Score:18.742608692335%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 409.91kcal (20.5%), Fat: 26.55g (40.84%), Saturated Fat: 10.59g (66.16%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 21.59g (7.85%), Sugar: 4.71g (5.23%), Cholesterol: 103.89mg (34.63%), Sodium: 1025.05mg (44.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.33g (34.65%), Vitamin C: 50.58mg (61.3%), Vitamin K: 58.37µg (55.59%), Phosphorus: 264.54mg (26.45%), Selenium: 18µg (25.71%), Vitamin B12: 1.35µg (22.52%), Potassium: 773.42mg (22.1%), Calcium: 218.54mg (21.85%), Vitamin B2: 0.35mg (20.74%), Vitamin A: 935.82IU (18.72%), Zinc: 2.74mg (18.27%), Vitamin B1: 0.27mg (17.77%), Vitamin B6: 0.34mg (17%), Fiber: 3.48g

(13.94%), Vitamin B3: 2.62mg (13.12%), Folate: 51.2µg (12.8%), Manganese: 0.24mg (12.1%), Magnesium: 45.3mg (11.32%), Vitamin B5: 1.06mg (10.61%), Vitamin D: 1.43µg (9.55%), Iron: 1.64mg (9.12%), Copper: 0.11mg (5.55%), Vitamin E: 0.74mg (4.95%)