



Southern Living magazine's Breakfast Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



373 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 1 teaspoon mustard dry
- 6 eggs
- 1 pound sausage meat
- 2 cups milk
- 1 teaspoon salt
- 2 cups sharp cheddar cheese shredded
- 0.3 teaspoon worcestershire sauce

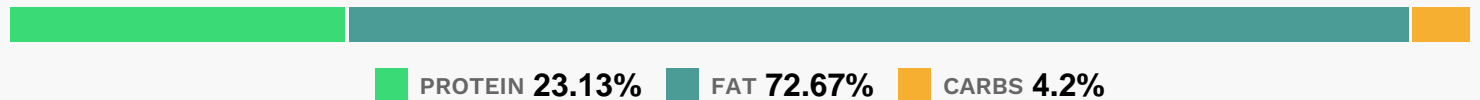
Equipment

- frying pan
- oven
- whisk
- baking pan

Directions

- COOK sausage in a skillet over medium heat, stirring until it crumbles and is no longer pink; drain well.
- PLACE bread cubes in a lightly greased 13 x 9-inch baking dish; sprinkle bread evenly with cheese, and top with sausage.
- WHISK together eggs and remaining ingredients; pour evenly over sausage mixture. Cover and chill casserole for 8 hours.
- Let stand at room temperature 30 minutes.
- BAKE at 350 degrees for 45 minutes or until set.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:1.27, Inflammation Score:-4, Nutrition Score:12.249999896016%

Nutrients (% of daily need)

Calories: 372.83kcal (18.64%), Fat: 29.83g (45.89%), Saturated Fat: 12.58g (78.65%), Carbohydrates: 3.88g (1.29%), Net Carbohydrates: 3.85g (1.4%), Sugar: 3.19g (3.54%), Cholesterol: 199.15mg (66.38%), Sodium: 908.56mg (39.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.36g (42.72%), Phosphorus: 335.06mg (33.51%), Calcium: 299.39mg (29.94%), Selenium: 19.81µg (28.3%), Vitamin B2: 0.43mg (25.27%), Vitamin B12: 1.4µg (23.41%), Zinc: 2.96mg (19.73%), Vitamin D: 2.24µg (14.92%), Vitamin B6: 0.29mg (14.36%), Vitamin B1: 0.21mg (14.24%), Vitamin B3: 2.78mg (13.92%), Vitamin B5: 1.23mg (12.33%), Vitamin A: 602.83IU (12.06%), Potassium: 302.81mg (8.65%), Iron: 1.29mg (7.15%), Magnesium: 27.8mg (6.95%), Folate: 22.43µg (5.61%), Vitamin E: 0.71mg (4.73%), Copper: 0.07mg (3.67%), Manganese: 0.02mg (1.21%), Vitamin K: 1.2µg (1.14%)