



WHATSheATE



Southern Veggie Brunch Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



483 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 1 cup baking mix
- ☐ 1 eggs beaten
- ☐ 1 bell pepper diced green
- ☐ 0.5 cup spring onion chopped
- ☐ 1 pound sausage meat drained
- ☐ 1 jalapeno diced seeded
- ☐ 1 cup milk
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper

- ☐ 1 bell pepper diced red
- ☐ 0.5 teaspoon salt
- ☐ 2 cups mozzarella cheese shredded
- ☐ 2 tomatoes chopped

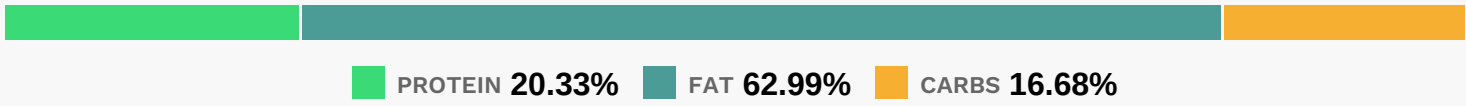
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ casserole dish

Directions

- ☐ In a greased 3-quart casserole dish, layer sausage, onions, peppers, tomatoes and cheese. In a large bowl, whisk together remaining ingredients; pour over cheese.
- ☐ Bake, uncovered, at 350 degrees for 55 to 60 minutes, until set and top is golden.
- ☐ Let stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:45.67, Glycemic Load:1.84, Inflammation Score:-8, Nutrition Score:20.366086897643%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 482.8kcal (24.14%), Fat: 33.69g (51.83%), Saturated Fat: 13.38g (83.64%), Carbohydrates: 20.07g (6.69%), Net Carbohydrates: 18.03g (6.56%), Sugar: 7.38g (8.2%), Cholesterol: 116.48mg (38.83%), Sodium: 1194.64mg (51.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.47g (48.94%), Vitamin C: 51.88mg (62.88%),

Phosphorus: 429.84mg (42.98%), Vitamin A: 1562.77IU (31.26%), Vitamin B12: 1.86µg (30.94%), Calcium: 302.17mg (30.22%), Vitamin B1: 0.4mg (26.86%), Vitamin K: 27.14µg (25.85%), Vitamin B3: 5.17mg (25.83%), Vitamin B2: 0.41mg (24.38%), Vitamin B6: 0.45mg (22.47%), Zinc: 3.3mg (21.99%), Selenium: 10.96µg (15.66%), Potassium: 525.34mg (15.01%), Folate: 55.45µg (13.86%), Iron: 2.15mg (11.94%), Vitamin D: 1.73µg (11.51%), Vitamin B5: 1.14mg (11.36%), Manganese: 0.21mg (10.74%), Magnesium: 40.3mg (10.07%), Fiber: 2.04g (8.16%), Vitamin E: 1.11mg (7.38%), Copper: 0.14mg (7.07%)