



Southwest Brunch Casserole

READY IN



40 min.

SERVINGS



12

CALORIES



387 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 12 servings chile–cheese sauce
- ☐ 0.5 teaspoon chili powder
- ☐ 1 large eggs lightly beaten
- ☐ 12 large eggs lightly beaten
- ☐ 0.3 cup evaporated milk
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 16 oz mild ground pork sausage
- ☐ 6 oz monterrey jack cheese shredded with peppers
- ☐ 0.3 cup onion chopped

- ☐ 2 cups self-rising flour
- ☐ 0.3 cup vegetable oil

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook sausage and onion in a large nonstick skillet over medium-high heat, stirring until sausage crumbles and is no longer pink. Reduce heat to medium; add eggs, and cook, without stirring, until eggs begin to set on bottom. Gently stir to slightly break up eggs. Cook, stirring occasionally, until eggs are thickened but still moist. (Do not overstir, as this will form small, dry pieces.)
- ☐ Remove from heat; stir in Chile-Cheese Sauce. Spoon into a lightly greased 13- x 9-inch baking dish; set aside.
- ☐ Stir together flour and next 4 ingredients until a dough forms. Turn dough out onto a lightly floured surface; knead 3 or 4 times.
- ☐ Roll dough into a 12-inch square; sprinkle evenly with shredded cheese and cilantro.
- ☐ Roll up, jelly-roll fashion, and cut into 12 (1-inch-thick) slices.
- ☐ Place dough slices over egg mixture, spacing evenly.
- ☐ Bake at 400 for 25 to 30 minutes or until golden.
- ☐ Kitchen Express: Prepare sausage, egg, and Chile-Cheese Sauce mixture as directed; spoon into a lightly greased 13- x 9-inch baking dish. Top evenly with 12 frozen Southern-style biscuits.
- ☐ Bake at 400 for 25 to 30 minutes or until golden. Note: For testing purposes only, we used Pillsbury Southern Style Oven
- ☐ Baked Biscuits, located in the freezer section of the supermarket.

Nutrition Facts



 PROTEIN **19.93%**  FAT **62.58%**  CARBS **17.49%**

Properties

Glycemic Index:15.08, Glycemic Load:9.88, Inflammation Score:-3, Nutrition Score:11.66173923793%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 386.97kcal (19.35%), Fat: 26.6g (40.92%), Saturated Fat: 9.07g (56.67%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 16.14g (5.87%), Sugar: 1.23g (1.36%), Cholesterol: 243.45mg (81.15%), Sodium: 419.95mg (18.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.06g (38.12%), Selenium: 27.15µg (38.79%), Phosphorus: 256.88mg (25.69%), Vitamin B2: 0.39mg (22.67%), Calcium: 162.67mg (16.27%), Vitamin B12: 0.93µg (15.54%), Zinc: 2.18mg (14.57%), Vitamin B5: 1.25mg (12.55%), Vitamin B6: 0.24mg (11.8%), Vitamin K: 12.22µg (11.64%), Vitamin D: 1.67µg (11.11%), Vitamin B3: 2.07mg (10.34%), Vitamin B1: 0.15mg (9.97%), Vitamin A: 481.63IU (9.63%), Manganese: 0.19mg (9.5%), Iron: 1.69mg (9.41%), Folate: 36.52µg (9.13%), Vitamin E: 1.3mg (8.68%), Potassium: 228.86mg (6.54%), Magnesium: 22.98mg (5.75%), Copper: 0.11mg (5.49%), Fiber: 0.59g (2.35%)