



Southwestern Breakfast Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



334 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black
- 10 ounce canned tomatoes diced green undrained canned
- 8.5 ounce corn muffin mix
- 8 ounce egg substitute
- 2.5 cups skim milk fat-free
- 1 teaspoon ground cumin
- 8 ounces turkey sausage italian hot
- 4 ounces mild cheddar cheese shredded divided reduced-fat
- 1 cup onion chopped

3 cups sandwich bread white cubed ()

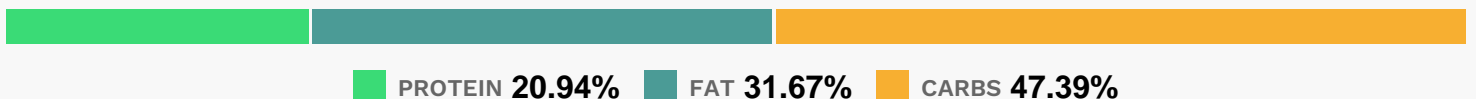
Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Prepare corn muffin mix according to package directions; cool. Crumble muffins into a large bowl; stir in bread. Set aside.
- Remove casings from sausage. Cook sausage and onion in a large nonstick skillet over medium heat until browned, stirring to crumble.
- Drain.
- Combine milk, cumin, pepper, tomatoes, and egg substitute; stir with a whisk until well-blended.
- Add sausage mixture; stir well. Stir into bread mixture. Spoon half of bread mixture into an 11 x 7-inch baking dish coated with cooking spray. Top with 1/2 cup cheese. Spoon remaining bread mixture over cheese. Cover and refrigerate 8 hours or overnight.
- Preheat oven to 350
- Bake casserole at 350 for 20 minutes or until set. Top with 1/2 cup cheese, and bake an additional 20 minutes or until set.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:8.4, Inflammation Score:-6, Nutrition Score:17.238695849543%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 334.09kcal (16.7%), Fat: 11.82g (18.18%), Saturated Fat: 4.82g (30.12%), Carbohydrates: 39.79g (13.26%), Net Carbohydrates: 36.15g (13.14%), Sugar: 14.83g (16.48%), Cholesterol: 32.1mg (10.7%), Sodium: 818.18mg (35.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.58g (35.16%), Selenium: 29.47µg (42.11%), Phosphorus: 404.5mg (40.45%), Calcium: 299.82mg (29.98%), Iron: 5.3mg (29.43%), Vitamin B2: 0.47mg (27.55%), Vitamin B1: 0.35mg (23.51%), Vitamin B3: 3.46mg (17.29%), Folate: 66.49µg (16.62%), Vitamin B6: 0.33mg (16.62%), Vitamin C: 13.55mg (16.42%), Manganese: 0.32mg (16.09%), Zinc: 2.21mg (14.72%), Fiber: 3.65g (14.59%), Vitamin B12: 0.84µg (14%), Vitamin B5: 1.39mg (13.87%), Potassium: 446.7mg (12.76%), Magnesium: 46.2mg (11.55%), Vitamin A: 517.57IU (10.35%), Vitamin D: 1.38µg (9.21%), Copper: 0.17mg (8.28%), Vitamin E: 1.1mg (7.32%), Vitamin K: 3.96µg (3.77%)