



Sunday Brunch Bake

 Gluten Free

READY IN



55 min.

SERVINGS



12

CALORIES



277 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 8 ounce triple cheddar cheese shredded kraft finely
- ☐ 0.3 cup knudsen cream sour
- ☐ 12 eggs
- ☐ 1 cup mushrooms fresh sliced
- ☐ 1 onion chopped
- ☐ 16 ounce breakfast pork sausage
- ☐ 2 tomatoes chopped

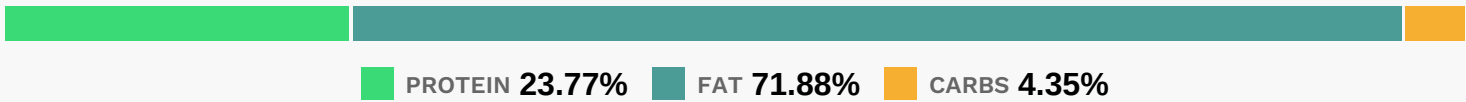
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 400 degrees F.
- ☐ Beat eggs and sour cream with whisk until well blended.
- ☐ Pour into 13x9-inch baking dish sprayed with cooking spray.
- ☐ Bake 10 min. or until egg mixture is softly set. Meanwhile, cook sausage, mushrooms and onions in large skillet on medium heat 6 to 8 min. or until sausage is done, stirring occasionally.
- ☐ Drain.
- ☐ Reduce oven temperature to 325 degrees F. Spoon tomatoes over egg layer; cover with sausage mixture and cheese.
- ☐ Bake 30 min. or until center is set.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:0.58, Inflammation Score:-4, Nutrition Score:10.48913048143%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 276.71kcal (13.84%), Fat: 21.96g (33.78%), Saturated Fat: 8.99g (56.19%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.51g (0.91%), Sugar: 1.53g (1.7%), Cholesterol: 213.56mg (71.19%), Sodium: 430.26mg (18.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.34g (32.67%), Selenium: 19.88µg (28.4%), Phosphorus: 244.02mg (24.4%), Vitamin B2: 0.38mg (22.34%), Calcium: 172.51mg (17.25%), Vitamin B12: 0.93µg (15.5%), Zinc:

2.19mg (14.63%), Vitamin A: 666.08IU (13.32%), Vitamin B6: 0.24mg (12.09%), Vitamin B5: 1.18mg (11.77%), Vitamin B3: 2.25mg (11.24%), Vitamin D: 1.5µg (10.01%), Vitamin B1: 0.15mg (9.77%), Folate: 31.59µg (7.9%), Potassium: 264.41mg (7.55%), Iron: 1.34mg (7.44%), Vitamin E: 0.81mg (5.42%), Copper: 0.11mg (5.26%), Magnesium: 20.21mg (5.05%), Vitamin C: 3.98mg (4.82%), Manganese: 0.06mg (2.79%), Vitamin K: 2.49µg (2.37%), Fiber: 0.48g (1.93%)