



Sunday Brunch Bake

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



48 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

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

Equipment

- frying pan
- oven
- knife
- whisk
- baking pan

Directions

- Heat oven to 400F.
- Whisk eggs and sour cream until 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 325F. Spoon tomatoes over egg layer; cover with sausage mixture and cheese.
- Bake 30 min. or until knife inserted in center comes out clean.

Nutrition Facts



PROTEIN 20.57% **FAT 74.5%** **CARBS 4.93%**

Properties

Glycemic Index:2.76, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.4813043358533%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 47.79kcal (2.39%), Fat: 3.95g (6.08%), Saturated Fat: 1.69g (10.54%), Carbohydrates: 0.59g (0.2%), Net Carbohydrates: 0.48g (0.18%), Sugar: 0.3g (0.33%), Cholesterol: 13.86mg (4.62%), Sodium: 81.38mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.91%), Phosphorus: 35.82mg (3.58%), Calcium: 32.71mg (3.27%), Vitamin B2: 0.04mg (2.51%), Zinc: 0.37mg (2.44%), Vitamin B3: 0.48mg (2.42%), Selenium: 1.64µg (2.34%),

Vitamin B12: 0.12µg (2.08%), Vitamin A: 97.81IU (1.96%), Vitamin B1: 0.03mg (1.9%), Vitamin B6: 0.04mg (1.89%), Potassium: 45.55mg (1.3%), Vitamin B5: 0.12mg (1.22%), Vitamin C: 0.87mg (1.05%), Vitamin D: 0.15µg (1.01%)