



Sunrise Casserole

 Gluten Free

READY IN



100 min.

SERVINGS



30

CALORIES



154 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 9 eggs
- ☐ 0.3 cup green onions thinly sliced
- ☐ 1.5 teaspoons ground mustard
- ☐ 30 ounces hash browns frozen country-style thawed
- ☐ 3 cups milk
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 cup bell pepper diced red
- ☐ 1 teaspoon salt

- ☐ 24 ounces johnsonville breakfast sausage links
- ☐ 8 ounces cheese mexican blend cheese shredded

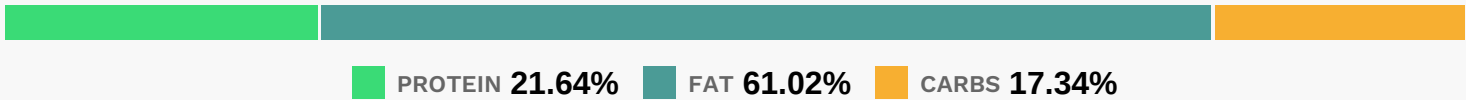
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Arrange sausages on an ungreased 15-in. x 10-in. x 1-in. baking pan.
- ☐ Bake at 375F for 15-20 minutes, turning links once or until sausage is cooked through and lightly browned; drained. Allow to cool slightly. Slice sausage into 1/4 inch coins. In a large bowl, whisk eggs, milk and seasonings.
- ☐ Add sausage, hash browns, cheese, bell pepper and onions.
- ☐ Pour into a greased 13-in. x 9-in. x 2-in. baking dish. Cover and refrigerate overnight.
- ☐ Remove from refrigerator 30 minutes before baking.
- ☐ Bake, uncovered at 350F for 65-70 minutes or until a knife inserted in the center comes out clean.
- ☐ Let stand 10 minutes before serving.
- ☐ Serve with salsa or picante sauce.

Nutrition Facts



Properties

Glycemic Index:6.43, Glycemic Load:1.92, Inflammation Score:-2, Nutrition Score:5.7252173838408%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 154.37kcal (7.72%), Fat: 10.43g (16.05%), Saturated Fat: 4.2g (26.23%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 6.17g (2.24%), Sugar: 1.45g (1.61%), Cholesterol: 75.54mg (25.18%), Sodium: 302.2mg (13.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.32g (16.64%), Phosphorus: 129.77mg (12.98%), Calcium: 93.54mg (9.35%), Vitamin B2: 0.15mg (9%), Vitamin B12: 0.54µg (8.92%), Selenium: 5.95µg (8.51%), Vitamin B3: 1.62mg (8.09%), Vitamin B1: 0.11mg (7.56%), Vitamin B6: 0.14mg (7.22%), Vitamin C: 5.88mg (7.12%), Zinc: 1.07mg (7.11%), Potassium: 207.79mg (5.94%), Vitamin D: 0.87µg (5.77%), Vitamin B5: 0.57mg (5.66%), Vitamin A: 266.68IU (5.33%), Iron: 0.85mg (4.7%), Magnesium: 13.64mg (3.41%), Manganese: 0.06mg (3.02%), Copper: 0.06mg (2.86%), Vitamin K: 2.87µg (2.74%), Folate: 10.57µg (2.64%), Fiber: 0.5g (1.99%), Vitamin E: 0.26mg (1.76%)