



Turkey and Egg Brunch Bake

 Gluten Free

READY IN



600 min.

SERVINGS



12

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 1.3 lb turkey sausage lean
- 5 cups hash browns shredded frozen country-style (from 30-oz bag)
- 0.5 cup spring onion sliced (8 medium)
- 9 oz mushrooms drained sliced
- 2.3 oz olives ripe drained sliced canned
- 1 tablespoon basil dried fresh chopped
- 12 oz cheddar cheese shredded reduced-fat
- 8 eggs

- 1.5 cups skim milk fat-free (skim)
- 0.5 teaspoon salt
- 1 clove garlic minced
- 2 cups plum tomatoes italian chopped
- 0.3 teaspoon salt
- 2 tablespoons basil dried fresh chopped

Equipment

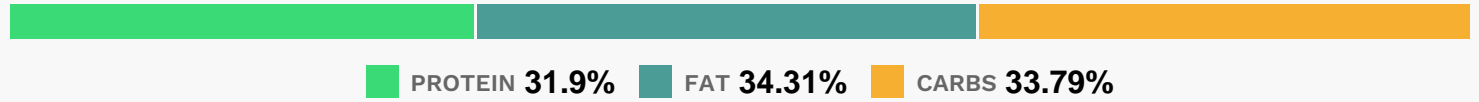
- bowl
- frying pan
- paper towels
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Spray 13x9-inch (3-quart) glass baking dish and 10-inch nonstick skillet with cooking spray. In skillet, cook ground turkey over medium-high heat, stirring frequently, until no longer pink.
- Remove turkey from skillet; drain on paper towels.
- In large bowl, mix potatoes, onions, mushrooms, olives, 1 tablespoon basil and 2 cups of the cheese. Stir in turkey; spoon evenly into baking dish.
- Sprinkle with remaining 1 cup cheese.
- In large bowl, beat eggs. Stir in milk and 1/2 teaspoon salt; pour over potato mixture in baking dish.
- Cut sheet of foil large enough to cover baking dish; spray with cooking spray. Cover baking dish with foil, sprayed side down. Refrigerate at least 8 hours or overnight.
- When ready to bake, heat oven to 350°F.
- Bake covered 45 minutes. Uncover; bake 20 to 25 minutes longer or until center is set.
- Let stand 10 minutes before serving.

- Meanwhile, spray 8-inch nonstick skillet with cooking spray.
- Add garlic; cook and stir over medium heat 1 minute. Stir in tomatoes and 1/4 teaspoon salt; cook about 5 minutes, stirring occasionally, until tomatoes are tender. Stir in 2 tablespoons basil.
- To serve, cut egg bake into squares; serve with warm topping.

Nutrition Facts



Properties

Glycemic Index:16.35, Glycemic Load:5.57, Inflammation Score:-6, Nutrition Score:19.12782604798%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 271.33kcal (13.57%), Fat: 10.49g (16.14%), Saturated Fat: 4.07g (25.41%), Carbohydrates: 23.25g (7.75%), Net Carbohydrates: 20.25g (7.36%), Sugar: 4.92g (5.46%), Cholesterol: 141.03mg (47.01%), Sodium: 918.2mg (39.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.94g (43.89%), Iron: 7.23mg (40.17%), Phosphorus: 389.22mg (38.92%), Selenium: 26.6µg (37.99%), Vitamin C: 28.26mg (34.25%), Vitamin K: 29.22µg (27.83%), Vitamin B2: 0.44mg (25.87%), Calcium: 226.46mg (22.65%), Vitamin B3: 4.35mg (21.76%), Vitamin B6: 0.41mg (20.54%), Potassium: 654.92mg (18.71%), Manganese: 0.33mg (16.7%), Zinc: 2.49mg (16.62%), Vitamin B5: 1.64mg (16.38%), Vitamin A: 745.95IU (14.92%), Copper: 0.29mg (14.47%), Vitamin B12: 0.79µg (13.15%), Vitamin B1: 0.19mg (12.48%), Fiber: 3g (12.01%), Magnesium: 48.01mg (12%), Folate: 40.26µg (10.07%), Vitamin D: 0.99µg (6.63%), Vitamin E: 0.87mg (5.82%)