



Turkey Sausage Breakfast

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



351 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 eggs lightly beaten
- 4 spring onion finely chopped
- 1 pound turkey sausage
- 16 ounce hash browns frozen
- 0.5 cup milk
- 1.5 cups cheddar cheese shredded

Equipment

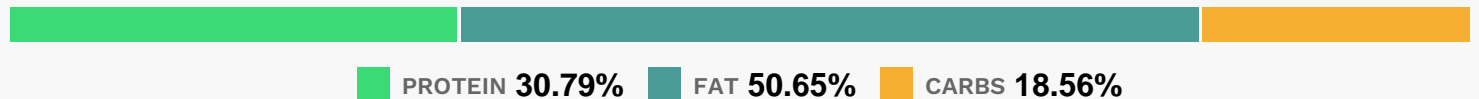
- bowl

- frying pan
- oven
- baking pan

Directions

- Place turkey sausage in a large, deep skillet. Cook over medium-high heat until evenly brown.
- Drain, crumble and set aside.
- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, stir together eggs, green onions, hash browns, milk, cheddar cheese and cooked sausage.
- Pour mixture into a 9x13 inch baking pan.
- Bake in preheated oven for 60 minutes.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:4.49, Inflammation Score:-5, Nutrition Score:15.934347671011%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 351.14kcal (17.56%), Fat: 19.64g (30.21%), Saturated Fat: 8.33g (52.06%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 14.92g (5.43%), Sugar: 1.37g (1.52%), Cholesterol: 196.51mg (65.5%), Sodium: 700.35mg (30.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.85g (53.71%), Phosphorus: 380.3mg (38.03%), Vitamin B2: 0.48mg (28.27%), Vitamin B12: 1.65µg (27.55%), Calcium: 268.85mg (26.88%), Zinc: 4mg (26.68%), Selenium: 17.66µg (25.23%), Vitamin B3: 4.84mg (24.18%), Vitamin B6: 0.48mg (23.91%), Vitamin B5: 1.66mg (16.63%), Vitamin K: 17.39µg (16.56%), Potassium: 528.34mg (15.1%), Iron: 2.3mg (12.79%), Vitamin A: 610.86IU (12.22%), Vitamin C: 9.44mg (11.44%), Vitamin B1: 0.17mg (11.15%), Magnesium: 37.87mg (9.47%), Copper: 0.18mg (8.86%), Folate: 31.64µg (7.91%), Manganese: 0.15mg (7.55%), Vitamin D: 0.98µg (6.53%), Fiber: 1.27g (5.07%), Vitamin E: 0.67mg (4.48%)