



## VELVEETA® Salsa Brunch Bake

 **Gluten Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



1

CALORIES



2454 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

### Ingredients

- 0.3 cup knudsen cream sour
- 1 doz. eggs
- 1 onion chopped
- 16 oz breakfast pork sausage
- 1 bell pepper green red chopped
- 0.5 cup taco bell® & chunky salsa thick
- 12 oz velveeta divided cut into 1/2-inch cubes,

### Equipment

- frying pan
- oven
- whisk
- baking pan

## Directions

- Heat oven to 350F.
- Crumble sausage into large skillet.
- Add vegetables; cook on medium heat 6 to 8 min. or until sausage is done, stirring occasionally.
- Drain; return sausage mixture to skillet.
- Add salsa and half the VELVEETA to sausage mixture; mix well.
- Spread onto bottom of 13x9-inch baking dish sprayed with cooking spray.
- Whisk eggs and sour cream until blended; pour over sausage mixture. Top with remaining VELVEETA.
- Bake 40 min. or until center is set.

## Nutrition Facts



## Properties

Glycemic Index:65, Glycemic Load:2.62, Inflammation Score:-10, Nutrition Score:60.089130318683%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.63mg, Luteolin: 5.63mg, Luteolin: 5.63mg, Luteolin: 5.63mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 24.96mg, Quercetin: 24.96mg, Quercetin: 24.96mg, Quercetin: 24.96mg

## Nutrients (% of daily need)

Calories: 2454.37kcal (122.72%), Fat: 176.02g (270.79%), Saturated Fat: 73.31g (458.22%), Carbohydrates: 68.57g (22.86%), Net Carbohydrates: 62.33g (22.67%), Sugar: 44.17g (49.07%), Cholesterol: 678.38mg (226.13%), Sodium:

9227.35mg (401.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 146.65g (293.29%), Phosphorus: 4338.63mg (433.86%), Calcium: 2169.21mg (216.92%), Vitamin B2: 3.2mg (188.19%), Vitamin C: 110.49mg (133.93%), Zinc: 19.74mg (131.57%), Vitamin B3: 23.59mg (117.96%), Vitamin A: 5462.64IU (109.25%), Vitamin B6: 2.12mg (106.08%), Vitamin B1: 1.44mg (96.28%), Potassium: 3159.38mg (90.27%), Vitamin B12: 4.41µg (73.47%), Vitamin D: 6.78µg (45.18%), Vitamin B5: 4.49mg (44.91%), Iron: 7.52mg (41.76%), Magnesium: 118.85mg (29.71%), Copper: 0.55mg (27.54%), Selenium: 18.06µg (25.81%), Fiber: 6.23g (24.93%), Vitamin E: 3.66mg (24.42%), Manganese: 0.48mg (23.87%), Folate: 67.82µg (16.95%), Vitamin K: 17.8µg (16.95%)