

Weekend Brunch Casserole

READY IN



30 min.

SERVINGS



8

CALORIES



228 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black
- 4 eggs beaten
- 0.8 cup milk
- 8 ounce regular crescent rolls refrigerated canned
- 0.3 teaspoon salt
- 2 cups mozzarella cheese shredded

Equipment

- bowl

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 425 degrees F. Crumble and cook sausage in medium skillet over medium heat until browned.
- Drain.
- Line bottom of greased 13 x 9 inch baking dish with crescent roll dough, firmly pressing perforations to seal.
- Sprinkle with sausage and cheese.
- Combine remaining ingredients in medium bowl until blended; pour over sausage.
- Bake 15 minutes or until set.
- Let stand 5 minutes before cutting into squares; serve hot. Refrigerate leftovers.

Nutrition Facts

PROTEIN 18.47% **FAT 58.8%** **CARBS 22.73%**

Properties

Glycemic Index:12.13, Glycemic Load:0.58, Inflammation Score:-2, Nutrition Score:5.5847825977303%

Nutrients (% of daily need)

Calories: 228.49kcal (11.42%), Fat: 15.18g (23.35%), Saturated Fat: 7.35g (45.93%), Carbohydrates: 13.2g (4.4%), Net Carbohydrates: 13.19g (4.8%), Sugar: 4.31g (4.78%), Cholesterol: 106.71mg (35.57%), Sodium: 510.71mg (22.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.73g (21.45%), Calcium: 182.04mg (18.2%), Selenium: 11.95µg (17.07%), Phosphorus: 165.83mg (16.58%), Vitamin B12: 0.96µg (15.96%), Vitamin B2: 0.21mg (12.44%), Zinc: 1.2mg (7.97%), Vitamin A: 345.31IU (6.91%), Vitamin D: 0.8µg (5.36%), Iron: 0.87mg (4.83%), Vitamin B5: 0.46mg (4.63%), Vitamin B6: 0.06mg (3.09%), Folate: 12.31µg (3.08%), Magnesium: 11.04mg (2.76%), Potassium: 86.38mg (2.47%), Vitamin B1: 0.03mg (2%), Vitamin E: 0.3mg (1.97%)