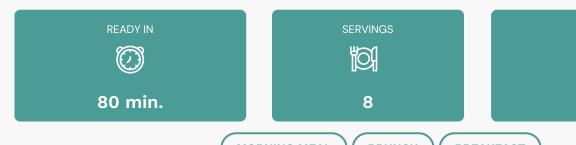


# **Wylma's Breakfast Bread**





865 kcal

### Ingredients

4 cups baking mix
16 ounce cream cheese
8 eggs beaten
1 cup spring onion chopped
3 cups milk
1 pound sausage

2 cups cheddar cheese shredded

## **Equipment**

	bowl	
	frying pan	
	paper towels	
	oven	
	wire rack	
	toothpicks	
Directions		
	Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch Bundt. Cook the sausage in a skillet over medium heat.	
	Drain on paper towels and crumble.	
	In a large bowl, combine the sausage, cream cheese, cheddar cheese, green onion and baking mix. In another bowl, beat together the eggs and the milk.	
	Add the egg mixture to the flour/cheese mixture; stir just to moisten.	
	Pour into prepared pan.	
	Bake at 350 degrees F (175 degrees C) for 45 to 55 minutes, or until a toothpick inserted into the middle of the loaf comes out clean.	
	Remove immediately from the pan and cool slightly on a wire rack.	
	Serve warm. May also be frozen if desired.	
Nutrition Facts		
	PROTEIN 14.93% FAT 63.14% CARBS 21.93%	
Properties Glycemic Index:19, Glycemic Load:2.84, Inflammation Score:-8, Nutrition Score:26.30913040949%		

#### **Flavonoids**

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

#### Nutrients (% of daily need)

Calories: 864.69kcal (43.23%), Fat: 60.53g (93.12%), Saturated Fat: 27.33g (170.79%), Carbohydrates: 47.31g (15.77%), Net Carbohydrates: 45.72g (16.63%), Sugar: 14.07g (15.63%), Cholesterol: 302.2mg (100.73%), Sodium: 1588.25mg (69.05%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 32.2g (64.4%), Phosphorus: 801.76mg (80.18%), Vitamin B2: 0.92mg (54.34%), Calcium: 513.41mg (51.34%), Selenium: 32.69µg (46.7%), Vitamin B1: 0.6mg (39.86%), Vitamin B12: 2.03µg (33.76%), Vitamin A: 1599.91IU (32%), Vitamin K: 32.28µg (30.74%), Folate: 115.28µg (28.82%), Vitamin B3: 5.65mg (28.26%), Zinc: 3.9mg (26.01%), Vitamin B5: 2.38mg (23.76%), Vitamin B6: 0.41mg (20.43%), Iron: 3.35mg (18.63%), Vitamin D: 2.79µg (18.62%), Potassium: 567.48mg (16.21%), Magnesium: 54.43mg (13.61%), Manganese: 0.25mg (12.59%), Vitamin E: 1.46mg (9.74%), Copper: 0.19mg (9.62%), Fiber: 1.59g (6.34%), Vitamin C: 2.93mg (3.55%)