



Wylma's Breakfast Bread

READY IN



80 min.

SERVINGS



8

CALORIES



865 kcal

MORNING MEAL

BRUNCH

BREAKFAST

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: 0g (100%), Alcohol %: 0% (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%)