



WHATSheATE



Zippy Egg Casserole



Gluten Free

READY IN



585 min.

SERVINGS



12

CALORIES



409 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- ☐ 5.5 ounce seasoned croutons
- ☐ 1.5 teaspoons mustard dry
- ☐ 8 eggs
- ☐ 1 pint half-and-half cream
- ☐ 1.5 cups milk
- ☐ 1 tablespoon onion minced
- ☐ 1 cup pepper jack cheese shredded
- ☐ 1 pound pork sausage

- ☐ 12 servings salt and pepper to taste
- ☐ 1.5 cups cheddar cheese shredded
- ☐ 1 cup swiss cheese shredded

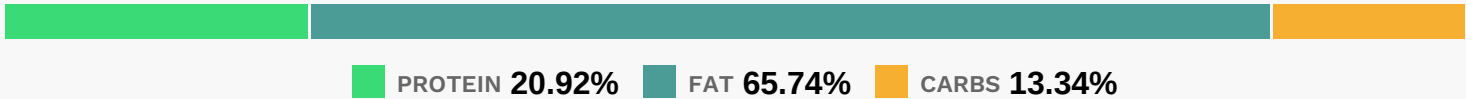
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place sausage in a large, deep skillet. Cook over medium-high heat until evenly brown.
- ☐ Drain, crumble, and set aside.
- ☐ In a lightly greased 9x13 inch baking dish, arrange the croutons in a single layer.
- ☐ Layer with Cheddar cheese, Swiss cheese, and pepperjack cheese. Top with the cooked sausage.
- ☐ In a large bowl, beat together the eggs, half-and-half, milk, mustard, onion, salt, and pepper.
- ☐ Pour into the dish over the sausage. Cover, and refrigerate overnight.
- ☐ The next morning, bake in an oven preheated to 350 degrees F (175 degrees C) for 45 to 60 minutes.
- ☐ Let sit for 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:7.1, Inflammation Score:-5, Nutrition Score:13.112174008204%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 409.42kcal (20.47%), Fat: 29.72g (45.73%), Saturated Fat: 13.93g (87.08%), Carbohydrates: 13.57g (4.52%), Net Carbohydrates: 12.86g (4.68%), Sugar: 3.35g (3.72%), Cholesterol: 184.67mg (61.56%), Sodium: 767.78mg (33.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.28g (42.57%), Calcium: 360.6mg (36.06%), Phosphorus: 352.79mg (35.28%), Selenium: 24.32µg (34.74%), Vitamin B2: 0.46mg (27.13%), Vitamin B12: 1.32µg (22.03%), Zinc: 2.8mg (18.7%), Vitamin B1: 0.23mg (15.63%), Vitamin A: 664.49IU (13.29%), Vitamin B3: 2.62mg (13.08%), Vitamin B6: 0.23mg (11.64%), Vitamin B5: 1.11mg (11.07%), Vitamin D: 1.55µg (10.37%), Folate: 38.53µg (9.63%), Iron: 1.61mg (8.95%), Potassium: 276.13mg (7.89%), Magnesium: 30.78mg (7.7%), Vitamin E: 0.69mg (4.61%), Manganese: 0.09mg (4.36%), Copper: 0.09mg (4.25%), Fiber: 0.71g (2.83%), Vitamin K: 1.56µg (1.49%)