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## Sausage and Egg Casserole ♦♦

A delicious casserole dish made with sausages and eggs. It is a popular breakfast or brunch option and is often served at family gatherings or holiday celebrations.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 45 mins

**Total Time:** 60 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 8

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	sausages
<b>8 pieces</b>	Eggs
<b>250 ml</b>	milk
<b>6 slices</b>	bread
<b>200 g</b>	cheese
<b>1 tsp</b>	Salt

<b>1 tsp</b>	Pepper
<b>1 pieces</b>	onion
<b>1 pieces</b>	bell pepper
<b>2 cloves</b>	garlic

## Directions

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### Step 1

#### Preheating

Preheat the oven to 350°F (175°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Frying

In a large skillet, cook the sausages over medium heat until browned. Remove from the skillet and set aside.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 3

#### Sautéing

In the same skillet, sauté the onion, bell pepper, and garlic until softened.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 4

In a greased baking dish, layer the bread slices, sausages, sautéed vegetables, and cheese.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 5

#### Mixing

In a bowl, whisk together the eggs, milk, salt, and pepper. Pour the mixture over the layered ingredients in the baking dish.

**Prep Time:** 5 mins

**Cook Time:** 20 mins

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### Step 6

#### Baking

Bake in the preheated oven for 25-30 minutes, or until the casserole is set and golden brown on top.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

## Step 7

Resting

Remove from the oven and let it cool for a few minutes before serving.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 22 g

**Protein:** 15 g

**Carbohydrates:** 14 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	14 g	25.45%	28%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	22 g	78.57%	88%
Cholesterol	200 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	3 mcg	20%	20%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Winter

Spring

Summer

Fall

### Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

### Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

### Difficulty Level

Easy

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