

Sausage and Cheese Egg Casserole

Yield: 10 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chef-john-s-breakfast-sausage-patties-recipes>

Ingredients:

- nonstick cooking spray
- 12 ounces breakfast sausage removed from casing
- 12 large eggs
- 1/2 cup whole milk
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 8 ounces shredded cheddar cheese 8 oz. is 2 cups

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 280 milligrams
4. Fat: 14 grams
5. Protein: 14 grams
6. SaturatedFat: 7 grams
7. Sodium: 470 milligrams
8. Sugar: 1 grams

Thank you for visiting our website. Hope you enjoy Sausage and Cheese Egg Casserole above. You can see more 15+ chef john's breakfast sausage patties recipes Get ready to indulge! to get more great cooking ideas.