

# Bagel Strata with Sausage and Spring Vegetables

Yield: 9 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-italian-sausage-and-asparagus-recipe>

## Ingredients:

- 7 cups bagels diced, 3/4-inch cubes
- 4 tablespoons unsalted butter melted
- kosher salt
- freshly ground pepper
- 3 tablespoons vegetable oil
- 6 ounces cremini mushrooms thinly sliced
- 1 cup asparagus diced, 1/2-inch pieces
- 1/2 cup frozen peas thawed
- 6 ounces italian sausage crumbled and cooked
- 6 ounces white cheddar cheese grated
- 8 eggs
- 2 cups half and half

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 255 milligrams
4. Fat: 33 grams
5. Fiber: 1 grams
6. Protein: 16 grams
7. SaturatedFat: 15 grams
8. Sodium: 440 milligrams
9. Sugar: 2 grams

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