

Crescent Roll Breakfast Casserole

Yield: 16 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-crescent-roll-recipe>

Ingredients:

- 16 ounces crescent roll
- 4 ounces cream cheese
- 6 large eggs
- 1 cup whole milk
- 2 cups shredded cheese I used colby jack and cheddar
- 8 ounces ham thick cut, cubed into ½-cm pieces
- 2 whole jalapeño deseeded and finely chopped
- 2 teaspoons freeze dried parsley
- 1/2 teaspoon ground pepper
- 1/2 teaspoon sea salt

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 130 milligrams
4. Fat: 17 grams
5. Fiber: 1 grams
6. Protein: 12 grams
7. SaturatedFat: 9 grams
8. Sodium: 610 milligrams
9. Sugar: 5 grams

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