

# Veggie Sausage Strata

Yield: 11 min  
Total Time: 95 min

Recipe from: <https://www.recipeschoose.com/recipes/sausage-strata-recipe-swiss-cheese>

## Ingredients:

- 2 pounds bulk italian sausag
- 2 green pepper medium, . coarsely chopped
- 1 onion medium, chopped
- 8 eggs Egglard's Best
- 2 cups milk
- 2 teaspoons salt
- 2 teaspoons white pepper
- 2 teaspoons ground mustard
- 12 slices bread cut into 1/2-inch pieces
- 10 ounces frozen chopped spinach, thawed and squeezed dry
- 2 cups swiss cheese
- 2 cups shredded cheddar cheese
- 1 zucchini medium, cut into 1/4-inch slices

## Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 260 milligrams
4. Fat: 44 grams
5. Fiber: 2 grams
6. Protein: 32 grams
7. SaturatedFat: 19 grams
8. Sodium: 1470 milligrams
9. Sugar: 6 grams

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