

Southern Breakfast Casserole

Yield: 10 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-recipe-from-buttermilk-biscuits>

Ingredients:

- 1 pound breakfast sausage
- 1/2 onion medium, diced
- 1 clove garlic diced
- 6 buttermilk biscuits baked, cubed
- 2 cups half-and-half or whole milk
- 8 large eggs beaten
- 1 cup shredded cheddar cheese
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon dry mustard

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 200 milligrams
4. Fat: 19 grams
5. Protein: 11 grams
6. SaturatedFat: 8 grams
7. Sodium: 590 milligrams
8. Sugar: 2 grams

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