

# Sausage Egg Casserole

Yield: 12 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-sausage-egg-casserole-recipe>

## Ingredients:

- 1 pound breakfast sausage bulk
- 1/2 cup butter melted
- 16 ounces cottage cheese
- 2 cups shredded cheddar cheese
- 1/4 cup all purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 10 eggs lightly beaten

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 225 milligrams
4. Fat: 20 grams
5. Protein: 15 grams
6. SaturatedFat: 11 grams
7. Sodium: 460 milligrams
8. Sugar: 2 grams

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