

Everything Bagel Breakfast Casserole

Yield: 8 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-sausage-recipe>

Ingredients:

- extra virgin olive oil a splash of
- 8 ounces sausage plant-based, optional
- 1 1/2 tablespoons Dijon-style mustard
- 1/4 cayenne powder + teaspoon
- 1/2 teaspoon fine grain sea salt
- 2 cups milk oat milk, or other plant-based milk
- 8 eggs
- 2 bagels large, torn into 1 1/2-inch segments
- 1 1/2 cups Gruyere cheese grated
- 4 ounces Boursin cheese feta, goat cheese or cream cheese
- 3 tablespoons everything bagel seasoning

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 270 milligrams
4. Fat: 28 grams
5. Fiber: 1 grams
6. Protein: 25 grams
7. SaturatedFat: 11 grams
8. Sodium: 680 milligrams
9. Sugar: 6 grams

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