

Slow Cooker Sausage Breakfast Casserole

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Servings: 12

1 package (26 - 32 ounce) frozen shredded hash brown potatoes
1 package regular pork sausage, cooked and crumbled
2 cups (8 ounces) mozzarella cheese, shredded
1/2 cup (2 ounces) Parmesan cheese, shredded
1/2 cup julienne-cut sun-dried tomatoes packed in oil, drained
6 green onions, sliced
12 eggs
1 cup milk
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Preparation Time: 15 minutes

Spray a six-quart slow cooker with cooking spray. Layer half of the potatoes on the bottom of the slow cooker. Top with half of the sausage, mozzarella and Parmesan cheese, sun dried tomatoes and green onion. Repeat the layering.

In a large bowl, beat the eggs, milk, salt and pepper with a wire whisk until well blended. Pour evenly over the potato-sausage mixture.

Cook on LOW setting for eight hours or on HIGH setting for four hours or until the eggs are set.

Start to Finish Time: 8 hours 15 minutes

Per Serving (excluding unknown items): 150 Calories; 10g Fat (63.1% calories from fat); 11g Protein; 2g Carbohydrate; trace Dietary Fiber; 232mg Cholesterol; 252mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	150	Vitamin B6 (mg):	.1mg
% Calories from Fat:	63.1%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	6.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	30.4%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	10g	Folacin (mcg):	31mcg
Saturated Fat (g):	5g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	232mg	% Refuse:	n n%

Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	11g
Sodium (mg):	252mg
Potassium (mg):	133mg
Calcium (mg):	168mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	471IU
Vitamin A (r.e.):	132 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 150 **Calories from Fat:** 95

% Daily Values*

Total Fat 10g	16%
Saturated Fat 5g	25%
Cholesterol 232mg	77%
Sodium 252mg	11%
Total Carbohydrates 2g	1%
Dietary Fiber trace	1%
Protein 11g	

Vitamin A	9%
Vitamin C	3%
Calcium	17%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.