



Baked Egg Cups with Country Style Chicken Sausage

READY IN



30 min.

SERVINGS



6

CALORIES



209 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 ounce al fresco® breakfast chicken sausage country style sliced into 1/2" pieces
- 6 large eggs
- 3 sheets phyllo dough cut into 6-inch squares (13x18")
- 0.5 cup scallions fresh chopped (tops and bulb)
- 0.3 cup cheddar cheese shredded low-sodium
- 4 ounces pkt spinach frozen dry chopped

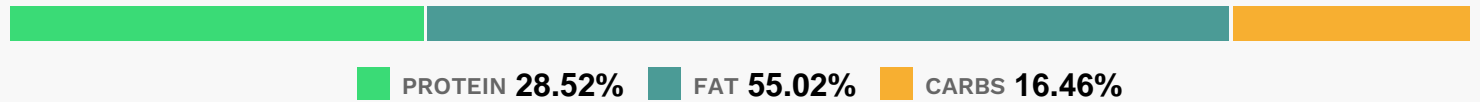
Equipment

- bowl
- oven
- muffin tray

Directions

- Preheat oven to 350 degrees F
- Spray 6 custard cups or a standard muffin pan (6 oz capacity) with cooking spray. Line each cup with 3 layers of phyllo dough and spray with the butter cooking spray between each layer.
- In a small bowl mix the chicken sausage, scallions and spinach. Divide the mixture between cups. Break 1 egg into each cup, sprinkle with pepper and top each with about 1 tablespoon of the cheese.
- Bake in the oven for 18 minutes or until the yolks are set.
- Serve either in custard cups or gently remove from muffin pan (let the egg cups cool 3 minutes before trying to remove).

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:2, Inflammation Score:-9, Nutrition Score:14.286521859791%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 209.26kcal (10.46%), Fat: 12.91g (19.87%), Saturated Fat: 4.03g (25.2%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 7.75g (2.82%), Sugar: 0.99g (1.1%), Cholesterol: 218.96mg (72.99%), Sodium: 559.95mg (24.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.06g (30.12%), Vitamin K: 88.1µg (83.9%), Vitamin A: 2765.6IU (55.31%), Selenium: 20.52µg (29.32%), Vitamin B2: 0.34mg (19.86%), Folate: 65.92µg (16.48%), Phosphorus: 147.22mg (14.72%), Iron: 1.99mg (11.07%), Calcium: 103.81mg (10.38%), Manganese: 0.21mg (10.31%), Vitamin B12: 0.51µg (8.53%), Vitamin B5: 0.85mg (8.45%), Vitamin E: 1.17mg (7.82%), Zinc: 1.06mg (7.07%), Vitamin D: 1.04µg (6.92%), Vitamin B6: 0.13mg (6.49%), Vitamin B1: 0.1mg (6.37%), Magnesium: 24.96mg (6.24%), Potassium: 169.26mg (4.84%), Copper: 0.08mg (4.09%), Vitamin C: 3.14mg (3.8%), Fiber: 0.95g (3.78%), Vitamin B3: 0.57mg

(2.84%)