

Breakfast Cups

READY IN



30 min.

SERVINGS



18

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 18 biscuits refrigerated (unbaked)
- ☐ 8 ounces diestel breakfast sausage
- ☐ 7 large eggs
- ☐ 18 servings salt and ground pepper black to taste
- ☐ 1 cup mild cheddar cheese shredded
- ☐ 0.5 cup milk

Equipment

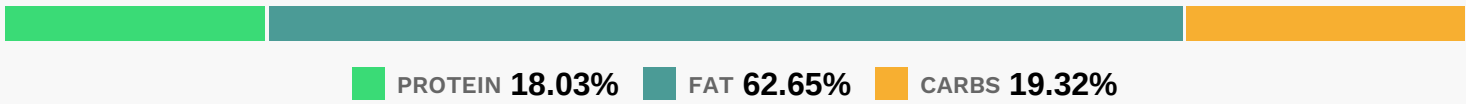
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease 18 muffin cups with cooking spray.
- ☐ Roll out biscuit dough on a lightly floured surface to form 5-inch rounds.
- ☐ Place each round in the prepared muffin cups, pressing into the base and sides to form a dough cup.
- ☐ Cook and stir sausage in a skillet over medium-high heat until browned and cooked through, 5 to 10 minutes; drain fat. Spoon sausage into dough cups.
- ☐ Whisk eggs, milk, salt, and pepper together in a bowl until well-beaten.
- ☐ Pour egg mixture into each dough cup, filling each just below the top of the biscuit dough.
- ☐ Sprinkle Cheddar cheese on top of egg mixture.
- ☐ Bake in the preheated oven until eggs are set and biscuit dough is golden, 15 to 18 minutes.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:4.17, Inflammation Score:-1, Nutrition Score:4.4552174022664%

Nutrients (% of daily need)

Calories: 147.44kcal (7.37%), Fat: 10.17g (15.64%), Saturated Fat: 3.86g (24.12%), Carbohydrates: 7.05g (2.35%), Net Carbohydrates: 6.9g (2.51%), Sugar: 2.58g (2.87%), Cholesterol: 88.5mg (29.5%), Sodium: 186.7mg (8.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.17%), Selenium: 8.5µg (12.14%), Vitamin B2: 0.17mg (10.17%), Phosphorus: 97.87mg (9.79%), Calcium: 66.49mg (6.65%), Vitamin B12: 0.38µg (6.39%), Vitamin B1: 0.08mg (5.56%), Zinc: 0.83mg (5.55%), Vitamin B3: 0.95mg (4.73%), Folate: 18.7µg (4.68%), Vitamin B5: 0.47mg (4.65%), Vitamin D: 0.66µg (4.43%), Iron: 0.8mg (4.43%), Vitamin B6: 0.09mg (4.37%), Vitamin A: 197.48IU (3.95%), Vitamin E: 0.52mg (3.49%), Manganese: 0.06mg (3.13%), Potassium: 83.21mg (2.38%), Magnesium: 8.18mg (2.04%), Copper: 0.03mg (1.74%), Vitamin K: 1.54µg (1.47%)