



Breakfast Pies

READY IN



40 min.

SERVINGS



10

CALORIES



271 kcal

Ingredients

- 12 ounce biscuits refrigerated canned
- 0.8 pound diestel breakfast sausage
- 0.5 cup monterrey jack cheese shredded
- 3 eggs beaten
- 0.1 cup bell pepper green minced
- 3 tablespoons milk
- 0.1 cup onion minced

Equipment

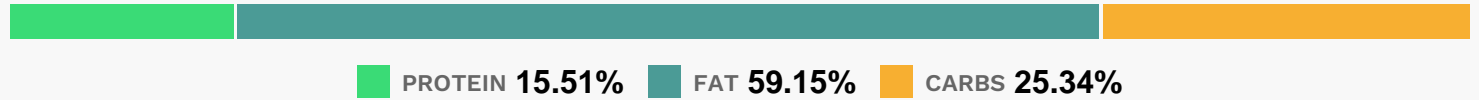
- frying pan

- oven
- muffin liners

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- In a large, deep skillet over medium-high heat, combine sausage, onion and green pepper. Cook until sausage is evenly brown.
- Drain, crumble, and set aside.
- Separate the dough into 10 individual biscuits. Flatten each biscuit out, then line the bottom and sides of 10 muffin cups. Evenly distribute sausage mixture between the cups.
- Mix together the eggs and milk, and divide between the cups.
- Sprinkle tops with shredded cheese.
- Bake in preheated oven for 18 to 20 minutes, or until filling is set.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:10.57, Inflammation Score:-2, Nutrition Score:7.8230433878691%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 271.41kcal (13.57%), Fat: 17.75g (27.32%), Saturated Fat: 5.42g (33.86%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 16.61g (6.04%), Sugar: 1.61g (1.79%), Cholesterol: 79.51mg (26.5%), Sodium: 591.32mg (25.71%), Alcohol: 0g (100%), Protein: 10.48g (20.95%), Phosphorus: 248.93mg (24.89%), Vitamin B1: 0.25mg (16.63%), Selenium: 11.36µg (16.23%), Vitamin B3: 2.77mg (13.86%), Vitamin B2: 0.23mg (13.56%), Iron: 1.78mg (9.9%), Vitamin B12: 0.53µg (8.76%), Zinc: 1.27mg (8.44%), Folate: 31.94µg (7.99%), Vitamin B6: 0.16mg (7.82%), Calcium: 75.45mg (7.55%), Manganese: 0.14mg (7.22%), Vitamin B5: 0.57mg (5.66%), Potassium: 196.29mg (5.61%), Vitamin D: 0.79µg (5.26%), Vitamin E: 0.68mg (4.51%), Magnesium: 14.58mg (3.65%), Copper: 0.06mg (3.2%), Vitamin A: 155.14IU (3.1%), Vitamin C: 1.88mg (2.28%), Fiber: 0.51g (2.03%), Vitamin K: 1.87µg (1.78%)