



Impossibly Easy Mini Breakfast Sausage Pies

READY IN



55 min.

SERVINGS



6

CALORIES



303 kcal

Ingredients

- 0.8 lb diestel breakfast sausage
- 0.5 cup onion chopped
- 4 oz mushroom stems and pieces drained canned
- 0.5 teaspoon salt
- 3 tablespoons sage fresh chopped
- 4 oz cheddar cheese shredded
- 0.5 cup milk
- 2 eggs
- 0.5 cup frangelico

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- toothpicks
- muffin liners

Directions

- Heat oven to 375°F. Spray 12 regular-size muffin cups with cooking spray.
- In 10-inch skillet, cook sausage and onion over medium-high heat 5 to 7 minutes, stirring frequently, until sausage is no longer pink; drain. Cool 5 minutes; stir in mushrooms, salt, sage and cheese.
- In medium bowl, stir baking mixture ingredients with whisk or fork until blended. Spoon 1 scant tablespoon baking mixture into each muffin cup. Top with about 1/4 cup sausage mixture. Spoon 1 tablespoon baking mixture onto sausage mixture in each muffin cup.
- Bake about 30 minutes or until toothpick inserted in center comes out clean, and tops of muffins are golden brown. Cool 5 minutes. With thin knife, loosen sides of pies from pan; remove from pan and place top sides up on cooling rack. Cool 10 minutes longer, and serve.

Nutrition Facts

 **PROTEIN 21.46%**  **FAT 72.13%**  **CARBS 6.41%**

Properties

Glycemic Index:20, Glycemic Load:0.76, Inflammation Score:-3, Nutrition Score:13.738260909267%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin:

2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 302.93kcal (15.15%), Fat: 23.98g (36.9%), Saturated Fat: 9.62g (60.12%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 4.2g (1.53%), Sugar: 1.96g (2.18%), Cholesterol: 117.48mg (39.16%), Sodium: 769.79mg (33.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.05g (32.1%), Copper: 9.15mg (457.68%), Phosphorus: 217.66mg (21.77%), Calcium: 210.11mg (21.01%), Manganese: 0.33mg (16.29%), Vitamin B12: 0.92µg (15.38%), Zinc: 2.28mg (15.17%), Vitamin B2: 0.25mg (14.99%), Selenium: 10.3µg (14.72%), Vitamin B3: 2.72mg (13.62%), Vitamin B1: 0.19mg (12.91%), Vitamin B6: 0.24mg (11.99%), Potassium: 357.08mg (10.2%), Vitamin D: 1.37µg (9.12%), Vitamin B5: 0.78mg (7.76%), Iron: 1.28mg (7.12%), Vitamin A: 344.31IU (6.89%), Magnesium: 23.68mg (5.92%), Folate: 13.96µg (3.49%), Vitamin E: 0.42mg (2.78%), Fiber: 0.59g (2.37%), Vitamin C: 1.38mg (1.68%)