



Impossibly Easy Mini Breakfast Sausage Pies

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



297 kcal

Ingredients

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

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Equipment

bowl

frying pan

oven

knife

whisk

wire rack

toothpicks

muffin liners

Directions

Heat oven to 375F. 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 22.18% **FAT 72.54%** **CARBS 5.28%**

Properties

Glycemic Index:25.33, Glycemic Load:0.9, Inflammation Score:-3, Nutrition Score:14.502173882464%

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: 296.5kcal (14.83%), Fat: 23.74g (36.53%), Saturated Fat: 9.55g (59.7%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 3.26g (1.18%), Sugar: 2.03g (2.26%), Cholesterol: 116.72mg (38.91%), Sodium: 708.18mg (30.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.33g (32.66%), Copper: 9.21mg (460.69%), Phosphorus: 233.91mg (23.39%), Calcium: 195.37mg (19.54%), Vitamin B2: 0.33mg (19.46%), Selenium: 12.06µg (17.23%), Vitamin B3: 3.41mg (17.03%), Manganese: 0.33mg (16.74%), Zinc: 2.37mg (15.83%), Vitamin B12: 0.93µg (15.5%), Vitamin B1: 0.21mg (13.93%), Vitamin B6: 0.26mg (12.98%), Vitamin B5: 1.06mg (10.59%), Vitamin D: 1.41µg (9.37%), Potassium: 298.3mg (8.52%), Iron: 1.38mg (7.64%), Vitamin A: 344.31IU (6.89%), Magnesium: 25.38mg (6.35%), Folate: 17.18µg (4.29%), Vitamin E: 0.42mg (2.79%), Fiber: 0.63g (2.52%), Vitamin C: 1.78mg (2.16%)