

Individual Egg Tarts

READY IN



55 min.

SERVINGS



12

CALORIES



235 kcal

Ingredients

- ☐ 1.3 cups biscuit baking mix
- ☐ 0.3 cup butter softened
- ☐ 2 eggs slightly beaten
- ☐ 3 tablespoons green onions chopped
- ☐ 1 cup half-and-half cream
- ☐ 0.5 pound pork sausage
- ☐ 1.5 cups swiss cheese shredded
- ☐ 3 tablespoons water boiling

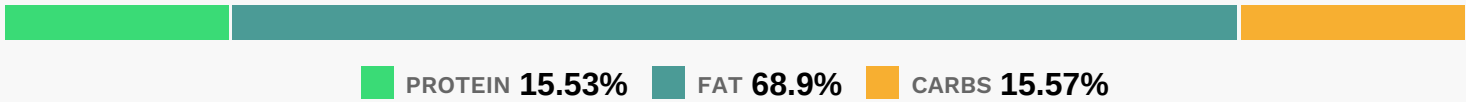
Equipment

- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease 12 muffin cups or line with paper muffin liners.
- ☐ Place sausage in a large, deep skillet. Cook over medium-high heat until evenly brown.
- ☐ Drain, crumble and set aside.
- ☐ Combine baking mix, butter and boiling water. Divide biscuit mixture between muffin cups.
- ☐ Spread covering bottom and up the sides a little.
- ☐ Sprinkle sausage and onions.
- ☐ Stir together eggs and cream.
- ☐ Pour equal amounts of egg mixture into muffin cups. Cover with Swiss cheese.
- ☐ Bake in preheated oven for 25 minutes, until eggs are set.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:6.4469564582991%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 235.3kcal (11.77%), Fat: 17.98g (27.66%), Saturated Fat: 8.69g (54.33%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 8.84g (3.21%), Sugar: 2.35g (2.62%), Cholesterol: 70.92mg (23.64%), Sodium: 358.23mg (15.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.12g (18.24%), Phosphorus: 211.5mg (21.15%), Calcium: 172.24mg (17.22%), Vitamin B12: 0.73µg (12.15%), Vitamin B2: 0.19mg (11.41%), Selenium: 7.95µg (11.36%), Vitamin B1: 0.14mg (9.03%), Zinc: 1.26mg (8.39%), Vitamin B3: 1.5mg (7.51%), Vitamin A: 370.85IU (7.42%), Folate: 22.18µg (5.55%), Vitamin B6: 0.1mg (5.02%), Vitamin B5: 0.47mg (4.72%), Vitamin K: 4.8µg (4.57%), Iron: 0.74mg (4.08%), Potassium:

118.85mg (3.4%), Magnesium: 13.55mg (3.39%), Vitamin D: 0.39µg (2.62%), Vitamin E: 0.38mg (2.52%), Manganese: 0.05mg (2.44%), Copper: 0.05mg (2.35%), Fiber: 0.3g (1.21%)