

SIDE DISH

Jalapeño-Cheese Sausage Cups

29 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
23 min	9 min	14 min	9	\$1.23	284 kcal

The recipe Jalapeño-Cheese Sausage Cups can be made in roughly 23 minutes. This side dish has 284 calories, 11g of protein, and 23g of fat per serving. This recipe serves 9 and costs \$1.23 per serving. 1 person were impressed by this recipe.

Ingredients

- ☐ 1 pound hot ground pork sausage
- ☐ 4.2 oz packages frozen mini-phylo pastry shells, thawed
- ☐ ½ cup shredded sharp Cheddar cheese
- ☐ ½ cup pickled jalapeño slices, drained
- ☐ ½ cup Ranch dressing

EQUIPMENT Frying pan, Baking sheet, Oven

Method

- 1

Brown sausage in a large skillet over medium-high heat, stirring to crumble; drain. Return sausage to skillet; stir in Ranch dressing. Spoon sausage mixture evenly into phyllo shells.
- 2

Place shells on a baking sheet. Top sausage cups evenly with pepper slices; sprinkle with cheese.
- 3

Bake at 350 for 8 to 10 minutes or until pastry shells are browned.

Nutrition per serving

284

KCAL

11 g

PROTEIN

23 g

FAT

9 g

CARBS

Saturated Fat

6.6 g · 41% of daily needs

Sugar

0.9 g · 1% of daily needs

Sodium

509 mg · 22% of daily needs

Cholesterol

46 mg · 15% of daily needs

Vitamin C

6.3 mg · 8% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/jalapeno-cheese-sausage-cups-146291