



Jimmy Dean Hearty Sausage Mini Quiches

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



197 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 0.3 teaspoon pepper black
- 8 eggs lightly beaten
- 0.5 cup green onion thinly sliced
- 0.3 cup milk
- 1 tablespoon olive oil
- 16 ounce regular flavor jimmy dean pork sausage crumbled cooked drained
- 0.8 cup provolone cheese shredded
- 1 teaspoon salt

Equipment

- frying pan
- oven
- mixing bowl
- aluminum foil
- muffin tray

Directions

- Preheat oven to 350 F. In a large mixing bowl, combine eggs, milk or water, cheese, salt and pepper; set aside.
- Heat olive oil or butter in a large skillet; saute onions and any optional vegetables desired until vegetables are tender.
- Add vegetables and sausage to egg mixture; stir well.
- Place 12 foil baking cups into cupcake pan. Distribute sausage and egg mixture evenly into baking cups.
- Bake for 22 minutes or until eggs are set.
- Remove from oven.
- Sprinkle with Parmesan if desired.

Nutrition Facts



PROTEIN 22.83% **FAT 75.7%** **CARBS 1.47%**

Properties

Glycemic Index:9.92, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:6.6952174059723%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 197.42kcal (9.87%), Fat: 16.4g (25.22%), Saturated Fat: 5.76g (36.01%), Carbohydrates: 0.72g (0.24%), Net Carbohydrates: 0.6g (0.22%), Sugar: 0.23g (0.25%), Cholesterol: 143.4mg (47.8%), Sodium: 522.98mg (22.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.13g (22.25%), Selenium: 11.03µg (15.76%), Phosphorus: 143.06mg (14.31%), Vitamin B2: 0.21mg (12.63%), Vitamin B12: 0.66µg (10.95%), Zinc: 1.48mg (9.84%), Vitamin K: 9.8µg (9.34%), Vitamin B3: 1.83mg (9.13%), Vitamin B6: 0.17mg (8.65%), Vitamin B1: 0.12mg (8%), Vitamin D: 1.12µg (7.47%), Vitamin B5: 0.74mg (7.36%), Calcium: 73.22mg (7.32%), Vitamin A: 299.29IU (5.99%), Iron: 1.02mg (5.66%), Folate: 18.32µg (4.58%), Potassium: 151.77mg (4.34%), Vitamin E: 0.62mg (4.16%), Magnesium: 11.68mg (2.92%), Copper: 0.05mg (2.67%), Vitamin C: 1.05mg (1.27%), Manganese: 0.02mg (1.16%)