

# Jimmy Dean Southwestern Sausage Tarts

READY IN



45 min.

SERVINGS



24

CALORIES



264 kcal

## Ingredients

- 6 eggs lightly beaten
- 0.5 cup milk
- 1 teaspoon pepper
- 16 ounce pork sausage crumbled cooked drained
- 30 ounce pie crust dough refrigerated
- 2 cups salsa chunky-style drained
- 1 teaspoon salt
- 1 cup cheddar cheese shredded

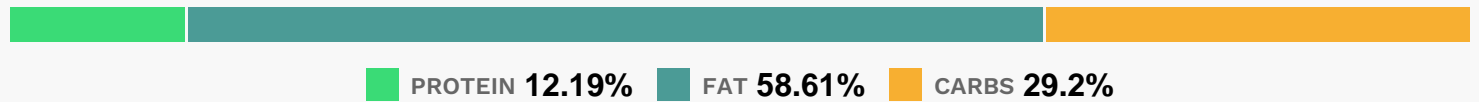
## Equipment

- oven
- baking pan
- cookie cutter

## Directions

- Preheat oven to 350 degree F.
- Unwrap piecrusts and roll each out to slightly thinner than original thickness. Use a 4-inch cookie cutter to cut circles out of crust; gently press each circle into bottom and up the sides of ungreased muffin cup baking pans (crust will not reach top of tin). If necessary, re-roll dough scraps to make additional dough circles.
- Combine cooked sausage with remaining ingredients; mix well. Spoon mixture into each crust, filling about 3/4 full.
- Bake 40 minutes or until crust is browned.

## Nutrition Facts



## Properties

Glycemic Index:5.21, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:6.1604347410409%

## Nutrients (% of daily need)

Calories: 263.88kcal (13.19%), Fat: 17.11g (26.32%), Saturated Fat: 5.9g (36.89%), Carbohydrates: 19.17g (6.39%), Net Carbohydrates: 17.88g (6.5%), Sugar: 1.13g (1.25%), Cholesterol: 59.85mg (19.95%), Sodium: 552.53mg (24.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.01%), Vitamin B1: 0.17mg (11.05%), Phosphorus: 106.57mg (10.66%), Vitamin B3: 2.11mg (10.53%), Selenium: 7.03µg (10.04%), Vitamin B2: 0.17mg (9.91%), Manganese: 0.2mg (9.83%), Folate: 32.03µg (8.01%), Iron: 1.43mg (7.95%), Vitamin B6: 0.14mg (6.95%), Zinc: 0.95mg (6.33%), Calcium: 60.63mg (6.06%), Vitamin B12: 0.34µg (5.6%), Vitamin B5: 0.52mg (5.22%), Fiber: 1.3g (5.19%), Potassium: 164.7mg (4.71%), Vitamin A: 233.8IU (4.68%), Vitamin E: 0.62mg (4.12%), Vitamin K: 3.87µg (3.69%), Vitamin D: 0.55µg (3.67%), Magnesium: 14.56mg (3.64%), Copper: 0.06mg (3.19%)