



Mexican Quiche Cups

READY IN



45 min.

SERVINGS



12

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- ☐ 16 inch chorizo sausage links chopped ()
- ☐ 5 large eggs
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup milk
- ☐ 0.1 teaspoon pepper
- ☐ 20 ounce pizza crust refrigerated canned
- ☐ 4 ounces mexican four-cheese blend shredded

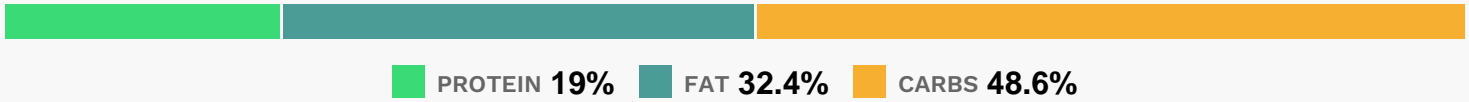
Equipment

- ☐ frying pan
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Cook chorizo sausage in a large skillet over medium heat 5 minutes or until browned.
- ☐ Drain and set aside.
- ☐ Roll or pat 1 can pizza crust dough into a 15- x 10-inch rectangle; cut into 6 (5-inch) squares. Press squares into a lightly greased 12-count muffin pan, skipping every other muffin cup. Repeat procedure with remaining 1 can pizza crust dough and another lightly greased 12-count muffin pan.
- ☐ Spoon sausage evenly into prepared cups; sprinkle evenly with cheese.
- ☐ Stir together eggs and next 3 ingredients; pour evenly over cheese.
- ☐ Bake at 375 for 20 minutes or until golden brown.
- ☐ Serve with salsa and sour cream, if desired.
- ☐ Mexican Pizza: Unroll 1 can pizza crust dough, and press into a lightly greased 15- x 10-inch jellyroll pan. Cook sausage as directed.
- ☐ Sprinkle sausage and cheese evenly over dough; top with egg mixture and 1 cup salsa.
- ☐ Bake at 400 for 20 minutes or until set. Makes 6 to 8 servings. Prep: 10 min.,
- ☐ Bake: 20 min.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:3.7573913096086%

Nutrients (% of daily need)

Calories: 191.78kcal (9.59%), Fat: 6.93g (10.66%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 23.38g (7.79%), Net Carbohydrates: 22.66g (8.24%), Sugar: 3.61g (4.02%), Cholesterol: 90.09mg (30.03%), Sodium: 432.6mg (18.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.14g (18.28%), Selenium: 8.01µg (11.45%), Iron: 1.79mg (9.95%), Phosphorus: 93.36mg (9.34%), Calcium: 88mg (8.8%), Vitamin B2: 0.14mg (8.21%), Vitamin B12: 0.36µg

(5.94%), Vitamin A: 209.48IU (4.19%), Zinc: 0.6mg (3.99%), Vitamin D: 0.58µg (3.84%), Vitamin B5: 0.38mg (3.81%), Fiber: 0.72g (2.89%), Folate: 11.03µg (2.76%), Vitamin B6: 0.05mg (2.39%), Vitamin E: 0.25mg (1.67%), Magnesium: 6.42mg (1.61%), Potassium: 53.8mg (1.54%), Vitamin B1: 0.02mg (1.12%)