



Mini Quiches (Crustless)

 Gluten Free

READY IN



55 min.

SERVINGS



36

CALORIES



92 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 1 pound bulk sausage
- 8 eggs
- 36 servings salt and ground pepper black to taste
- 0.5 cup heavy whipping cream
- 0.7 cup potato flakes instant
- 1 cup cheddar cheese shredded
- 1 cup swiss cheese shredded

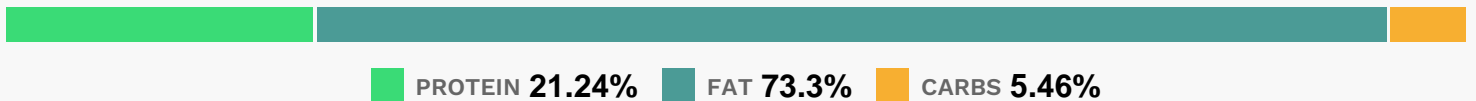
Equipment

- bowl
- frying pan
- oven
- muffin liners

Directions

- Preheat oven to 325 degrees F (165 degrees C). Spray 36 mini muffin cups with cooking spray.
- Heat a large skillet over medium-high heat and crumble in sausage. Cook and stir until sausage is crumbly and evenly browned, about 10 minutes .
- Drain and discard any excess grease.
- Sprinkle sausage, Cheddar cheese, Swiss cheese, and green onion evenly into the prepared muffin cups.
- Beat eggs, potato flakes, and cream together in a bowl; season with salt and pepper.
- Pour egg mixture evenly over the sausage-cheese mixture in the muffin cups.
- Bake in the preheated oven until quiches are set in the middle and lightly browned, about 22 minutes. Cool for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.9186956519666%

Nutrients (% of daily need)

Calories: 92.31kcal (4.62%), Fat: 7.47g (11.49%), Saturated Fat: 3.33g (20.79%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.18g (0.2%), Cholesterol: 55.11mg (18.37%), Sodium: 122.17mg (5.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.74%), Selenium: 5.05µg (7.21%), Phosphorus: 71.77mg (7.18%), Calcium: 58.43mg (5.84%), Vitamin B12: 0.32µg (5.39%), Vitamin B2: 0.09mg (5.33%), Zinc: 0.66mg (4.42%), Vitamin B6: 0.07mg (3.46%), Vitamin B1: 0.05mg (3.44%), Vitamin B3: 0.68mg (3.38%), Vitamin A: 167.86IU (3.36%), Vitamin B5: 0.29mg (2.93%), Vitamin D: 0.43µg (2.87%), Iron: 0.35mg (1.92%), Potassium: 65.96mg (1.88%), Folate: 6.31µg (1.58%), Magnesium: 5.91mg (1.48%), Vitamin E: 0.2mg (1.33%), Vitamin C: 1.01mg (1.22%), Copper: 0.02mg (1.06%)