



## Mini Sausage Quiches

READY IN



45 min.

SERVINGS



48

CALORIES



65 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

## Ingredients

- 0.5 pound ground sausage italian hot
- 2 tablespoons dehydrated onion dried minced
- 2 tablespoons chives minced
- 8 ounces regular crescent rolls refrigerated
- 4 large eggs lightly beaten
- 2 cups swiss cheese shredded
- 1 cup curd cottage cheese 4%
- 0.3 cup parmesan cheese grated
- 1 serving paprika

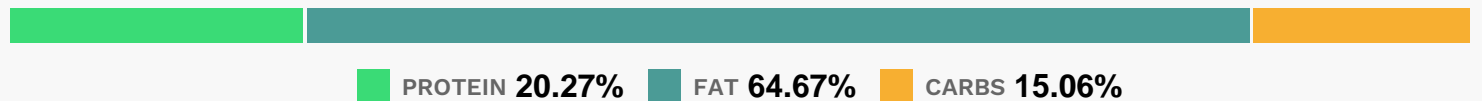
## Equipment

- bowl
- frying pan
- oven
- knife
- muffin liners

## Directions

- In a large skillet, brown sausage and onion over medium heat until meat is no longer pink, 4-5 minutes, breaking sausage into crumbles; drain. Stir in chives.
- On a lightly floured surface, unroll crescent dough into a long rectangle; seal seams and perforations.
- Cut into 48 pieces. Press onto the bottoms and up the sides of greased miniature muffin cups.
- Fill each with about 2 teaspoons of sausage mixture. In a large bowl, combine the eggs and cheeses. Spoon 2 teaspoons over sausage mixture in each cup.
- Sprinkle with paprika.
- Bake at 375° until a knife inserted in the center comes out clean, 20-25 minutes. Cool for 5 minutes before removing from pans to wire racks. If desired, sprinkle with additional minced chives.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:2.96, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.8134782612324%

## Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:

0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 64.62kcal (3.23%), Fat: 4.68g (7.2%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 2.41g (0.88%), Sugar: 0.69g (0.77%), Cholesterol: 24.62mg (8.21%), Sodium: 111.88mg (4.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Selenium: 4.49µg (6.41%), Calcium: 53.75mg (5.37%), Phosphorus: 52.98mg (5.3%), Vitamin B12: 0.24µg (4.07%), Vitamin B2: 0.05mg (3%), Zinc: 0.39mg (2.59%), Vitamin B1: 0.03mg (2.11%), Vitamin A: 97.98IU (1.96%), Vitamin B6: 0.03mg (1.57%), Vitamin B5: 0.14mg (1.38%), Iron: 0.21mg (1.19%)