



Sausage-and-Cheese Muffins

READY IN



45 min.

SERVINGS



100

CALORIES



29 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups baking mix all-purpose
- ☐ 3 tablespoons butter
- ☐ 1 large eggs
- ☐ 1 cup mild ground pork sausage hot crumbled cooked
- ☐ 0.5 cup milk
- ☐ 8 ounces cheddar cheese shredded divided
- ☐ 1 medium size onion sweet finely chopped

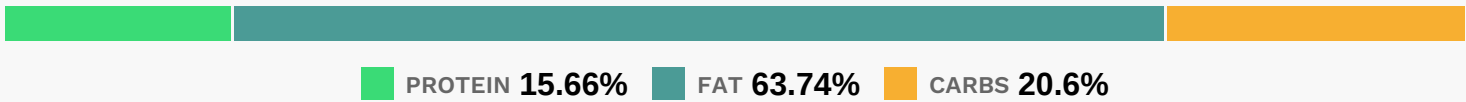
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Melt butter in a skillet over medium-high heat; add onion, and saut 3 to 5 minutes or until tender.
- ☐ Combine baking mix and half of cheese in a large bowl; make a well in center of mixture.
- ☐ Stir together milk and egg, blending well; add to cheese mixture, stirring until moistened. Stir in onion and sausage. Spoon into lightly greased muffin pans, filling two-thirds full.
- ☐ Sprinkle with remaining 1 cup cheese,
- ☐ Sprinkle with poppy seeds, if desired.
- ☐ Bake at 425 for 18 minutes or until golden.
- ☐ Let stand 2 to 3 minutes before removing from pans.
- ☐ Note: Substitute mini muffin pans for regular pans, if desired.
- ☐ Bake at 425 for 14 minutes or until golden. Makes 2 1/2 dozen mini muffins.

Nutrition Facts



Properties

Glycemic Index:0.93, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.82826086749201%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 29.35kcal (1.47%), Fat: 2.08g (3.19%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 1.51g (0.5%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.44g (0.49%), Cholesterol: 5.94mg (1.98%), Sodium: 57.57mg (2.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.29%), Phosphorus: 27.18mg (2.72%), Calcium: 22.03mg (2.2%), Vitamin B2: 0.03mg (1.49%), Selenium: 0.97µg (1.39%), Vitamin B1: 0.02mg (1.3%), Zinc: 0.16mg (1.06%),

Vitamin B12: 0.06µg (1.03%)