

Sausage-Cheese Breakfast Cups







MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

0.3 teaspoon mustard dry
2 large eggs
O.3 cup sausage meat hot crumbled cooked
O.3 cup milk
O.3 cup monterrey jack cheese shredded with peppers
O.1 teaspoon onion powder
O.3 teaspoon pepper
0.3 teaspoon salt

1 cup bread white cubed (2 slices)

Equipment			
	oven		
	whisk		
	ramekin		
	muffin liners		
	muffin tray		
Directions			
	Layer cubed bread, cooked sausage, and cheese evenly into 2 greased 8-oz. ramekins or individual souffl dishes.		
	Whisk together eggs and next 5 ingredients.		
	Pour evenly over cheese in ramekins. Cover and chill 8 hours.		
	Let stand at room temperature 20 minutes before baking.		
	Bake at 350 for 20 to 25 minutes or until set.		
	Let stand 5 minutes before serving.		
	Note: To bake in a muffin pan, layer cubed bread, cooked sausage, and shredded cheese evenly in 4 greased cups in pan.		
	Pour egg mixture evenly over cheese in muffin cups. Cover and chill 8 hours.		
	Let stand at room temperature 20 minutes before baking.		
	Bake at 350 for 15 to 20 minutes or until set.		
	Let stand 5 minutes before serving.		
	Individual Ham-Swiss Breakfast Cups: Prepare recipe as directed, substituting 1/4 cup chopped cooked ham for sausage and 1/4 cup shredded Swiss cheese for Monterey Jack cheese with peppers.		
Nutrition Facts			
PROTEIN 23.97% FAT 57.57% CARBS 18.46%			

Properties

Nutrients (% of daily need)

Calories: 291.44kcal (14.57%), Fat: 18.41g (28.33%), Saturated Fat: 7.51g (46.93%), Carbohydrates: 13.28g (4.43%), Net Carbohydrates: 12.65g (4.6%), Sugar: 2.95g (3.28%), Cholesterol: 222.57mg (74.19%), Sodium: 745.19mg (32.4%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 17.25g (34.5%), Selenium: 23.75µg (33.93%), Phosphorus: 258.95mg (25.9%), Vitamin B2: O.42mg (24.43%), Calcium: 223.34mg (22.33%), Vitamin B12: O.97µg (16.12%), Vitamin B1: O.23mg (15.59%), Zinc: 2.03mg (13.53%), Folate: 51.83µg (12.96%), Vitamin B3: 2.5mg (12.49%), Vitamin B5: 1.23mg (12.27%), Vitamin D: 1.79µg (11.92%), Iron: 2.1mg (11.67%), Vitamin B6: O.22mg (11.23%), Manganese: O.19mg (9.59%), Vitamin A: 450.89IU (9.02%), Potassium: 229.04mg (6.54%), Magnesium: 25mg (6.25%), Copper: O.09mg (4.66%), Vitamin E: O.7mg (4.64%), Fiber: O.63g (2.52%), Vitamin K: 1.18µg (1.12%)