



Sausage-Cheese Breakfast Cups

READY IN



35 min.

SERVINGS



2

CALORIES



291 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon mustard dry
- 2 large eggs
- 0.3 cup sausage meat hot crumbled cooked
- 0.3 cup milk
- 0.3 cup monterrey jack cheese shredded with peppers
- 0.1 teaspoon onion powder
- 0.3 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



Properties

Glycemic Index:99.89, Glycemic Load:8.49, Inflammation Score:-3, Nutrition Score:11.696087005346%

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: 0g (100%), Alcohol %: 0% (100%), Protein: 17.25g (34.5%), Selenium: 23.75µg (33.93%), Phosphorus: 258.95mg (25.9%), Vitamin B2: 0.42mg (24.43%), Calcium: 223.34mg (22.33%), Vitamin B12: 0.97µg (16.12%), Vitamin B1: 0.23mg (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: 0.22mg (11.23%), Manganese: 0.19mg (9.59%), Vitamin A: 450.89IU (9.02%), Potassium: 229.04mg (6.54%), Magnesium: 25mg (6.25%), Copper: 0.09mg (4.66%), Vitamin E: 0.7mg (4.64%), Fiber: 0.63g (2.52%), Vitamin K: 1.18µg (1.12%)