



Sausage-Cheese Muffins

READY IN



15 min.

SERVINGS



15

CALORIES



257 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 cups baking mix all-purpose
- 10.8 oz condensed cheese soup canned
- 1 lb sausage meat
- 6 oz cheddar cheese shredded
- 0.8 cup water

Equipment

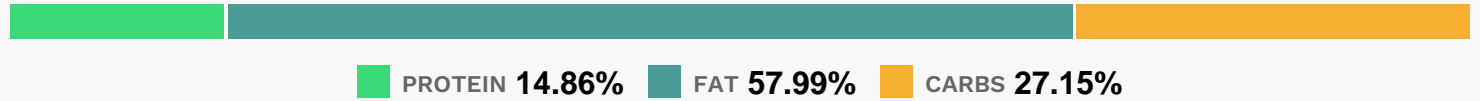
- bowl
- frying pan

oven

Directions

- Cook sausage in a large skillet, stirring until it crumbles and is no longer pink.
- Drain and cool.
- Combine sausage, baking mix, and shredded cheese in a large bowl; make a well in center of mixture.
- Stir together soup and 3/4 cup water; add to sausage mixture, stirring just until dry ingredients are moistened. Spoon into lightly greased muffin pans, filling to top of cups.
- Bake at 375 for 20 to 25 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:3.67, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:6.662173897028%

Nutrients (% of daily need)

Calories: 257.37kcal (12.87%), Fat: 16.39g (25.22%), Saturated Fat: 6.12g (38.23%), Carbohydrates: 17.27g (5.76%), Net Carbohydrates: 16.6g (6.04%), Sugar: 3.16g (3.51%), Cholesterol: 34.4mg (11.47%), Sodium: 679.78mg (29.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.45g (18.9%), Phosphorus: 233.16mg (23.32%), Vitamin B1: 0.22mg (14.96%), Calcium: 132.71mg (13.27%), Vitamin B3: 2.52mg (12.59%), Vitamin B2: 0.19mg (11.28%), Folate: 32.68µg (8.17%), Zinc: 1.22mg (8.12%), Vitamin B12: 0.47µg (7.85%), Selenium: 5.01µg (7.16%), Potassium: 214.68mg (6.13%), Vitamin B6: 0.12mg (5.93%), Iron: 1.02mg (5.66%), Vitamin B5: 0.46mg (4.62%), Vitamin A: 219.14IU (4.38%), Manganese: 0.08mg (4.21%), Magnesium: 13.41mg (3.35%), Copper: 0.06mg (3.13%), Vitamin D: 0.46µg (3.07%), Fiber: 0.67g (2.67%), Vitamin K: 1.95µg (1.86%), Vitamin E: 0.17mg (1.16%)