



Sausage, Egg, and Cheese Scramble

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



724 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 eggs
- 0.8 cup milk
- 6 links pork sausage
- 0.8 cup sharp cheddar cheese shredded

Equipment

- frying pan

Directions

- Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain and chop into bite-size pieces; set aside.
- While sausage is cooking, beat eggs and milk together.
- Pour eggs into griddle.
- Add cheese and cook until eggs are set. Stir in sausage and serve warm.

Nutrition Facts

PROTEIN 22.62% **FAT 75.62%** **CARBS 1.76%**

Properties

Glycemic Index:23.25, Glycemic Load:0.95, Inflammation Score:-4, Nutrition Score:21.01391303021%

Nutrients (% of daily need)

Calories: 723.56kcal (36.18%), Fat: 59.91g (92.17%), Saturated Fat: 21.89g (136.84%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 3.13g (1.14%), Sugar: 2.51g (2.79%), Cholesterol: 394.24mg (131.41%), Sodium: 1327.69mg (57.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.33g (80.66%), Phosphorus: 502.75mg (50.28%), Vitamin B12: 2.5µg (41.66%), Vitamin B3: 8.08mg (40.4%), Vitamin B2: 0.67mg (39.12%), Selenium: 27.13µg (38.75%), Zinc: 5.49mg (36.63%), Vitamin B1: 0.52mg (34.95%), Vitamin B6: 0.67mg (33.67%), Vitamin D: 4.15µg (27.69%), Calcium: 258.28mg (25.83%), Vitamin B5: 2.41mg (24.07%), Iron: 3.07mg (17.06%), Potassium: 596.38mg (17.04%), Vitamin A: 769.94IU (15.4%), Magnesium: 42.86mg (10.72%), Folate: 37.16µg (9.29%), Copper: 0.17mg (8.34%), Vitamin E: 1.2mg (7.98%), Manganese: 0.03mg (1.55%), Vitamin K: 1.52µg (1.45%), Vitamin C: 1.19mg (1.44%)