



Sausage Egg Muffins

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



40 min.

SERVINGS



12

CALORIES



126 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 4 ounce chile peppers green drained chopped canned
- 12 eggs beaten
- 1 teaspoon garlic powder
- 0.5 pound sausage meat
- 1 small onion chopped
- 12 servings salt and pepper to taste

Equipment

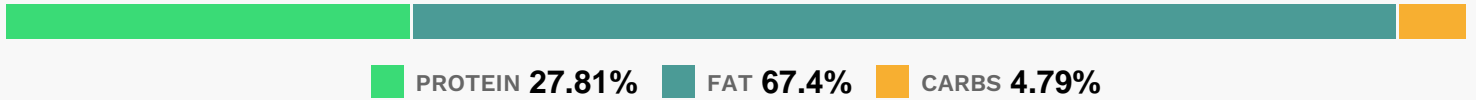
- bowl

- frying pan
- oven
- toothpicks
- muffin liners

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease 12 muffin cups.
- Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain and set aside.
- In a large bowl, combine eggs, chiles, onion, garlic powder, salt pepper and sausage; mix well. Spoon 1/4 cup of sausage mixture into each prepared muffin cup.
- Bake in preheated oven for 15 to 20 minutes, until egg has set and a toothpick inserted into each 'muffin' comes out clean.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:5.833913060634%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 125.52kcal (6.28%), Fat: 9.23g (14.2%), Saturated Fat: 3.05g (19.03%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.2g (0.43%), Sugar: 0.42g (0.46%), Cholesterol: 177.29mg (59.1%), Sodium: 414.37mg (18.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.57g (17.14%), Selenium: 13.63µg (19.47%), Vitamin B2: 0.23mg (13.46%), Phosphorus: 116.4mg (11.64%), Vitamin B12: 0.55µg (9.2%), Vitamin B5: 0.82mg (8.18%), Vitamin B6: 0.16mg (7.76%), Vitamin D: 1.13µg (7.5%), Folate: 27.2µg (6.8%), Zinc: 1mg (6.69%), Iron: 1.13mg (6.3%), Vitamin A: 263.8IU (5.28%), Vitamin B1: 0.07mg (4.95%), Vitamin B3: 0.99mg (4.95%), Vitamin C: 3.8mg (4.6%), Potassium: 129.81mg (3.71%), Vitamin E: 0.5mg (3.34%), Calcium: 31.4mg (3.14%), Copper: 0.05mg (2.4%), Magnesium: 9.08mg (2.27%), Manganese: 0.02mg (1.19%), Fiber: 0.28g (1.13%)