



Sausage McBiscuit Cups

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 3 pieces pillsbury grand buttermilk biscuit dough
- ☐ 6 eggs
- ☐ 6 precooked round sausage patties frozen

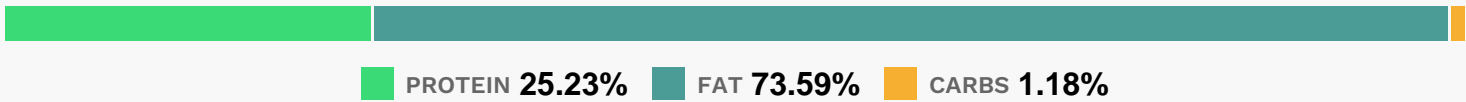
Equipment

- ☐ oven
- ☐ cookie cutter
- ☐ muffin tray

Directions

- ☐ Coat six oversized muffin pan molds with oil. Preheat oven to 375F.
- ☐ Take one piece of biscuit dough and slice it in half horizontally so that you reduce the height in half but not the diameter. Repeat wit remaining dough pieces.
- ☐ Place dough into oversized muffin pan molds.
- ☐ Using a biscuit cutter (the inner piece) or small round cookie cutter, cut a hole into the center of each sausage, just large enough for the egg yolk to sit on. If the hole is too large, the egg yolk will slip under.
- ☐ Place sausage on top of biscuit. You can use the inner scraps for something else or eat them while making these.
- ☐ Crack an egg, placing the yolk in the center where the hole for the sausage patty is.
- ☐ Bake for about 15–20 minutes or until egg white and biscuit is completely cooked.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:6.814347807399%

Nutrients (% of daily need)

Calories: 193.95kcal (9.7%), Fat: 15.54g (23.91%), Saturated Fat: 5.13g (32.05%), Carbohydrates: 0.56g (0.19%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.18g (0.2%), Cholesterol: 194.29mg (64.76%), Sodium: 337.49mg (14.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.99g (23.98%), Selenium: 13.6µg (19.43%), Vitamin B2: 0.25mg (14.96%), Phosphorus: 146.65mg (14.66%), Vitamin B12: 0.75µg (12.56%), Vitamin B6: 0.21mg (10.25%), Vitamin B3: 2.05mg (10.24%), Zinc: 1.49mg (9.95%), Vitamin B5: 0.96mg (9.61%), Vitamin D: 1.43µg (9.55%), Vitamin B1: 0.14mg (9.11%), Iron: 1.26mg (6.99%), Vitamin A: 269.48IU (5.39%), Folate: 21.45µg (5.36%), Potassium: 167.24mg (4.78%), Vitamin E: 0.55mg (3.66%), Copper: 0.06mg (3.01%), Calcium: 28.71mg (2.87%), Magnesium: 11.31mg (2.83%)