



Sausage McMuffin Cups

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



259 kcal

SIDE DISH

Ingredients

- ☐ 6 eggs
- ☐ 3 muffins english
- ☐ 6 precooked round sausage patties frozen

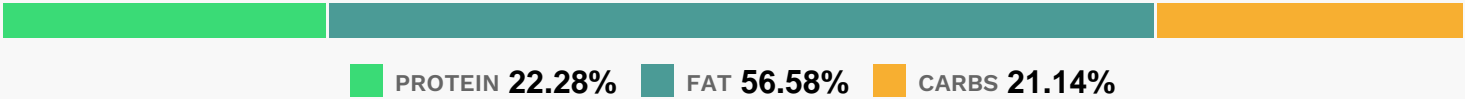
Equipment

- ☐ oven
- ☐ cookie cutter
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375F. Using a biscuit cutter 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.
- ☐ Grease an oversized muffin pan. If you only have a regular sized pan, you will need to cut the English muffins to fit the pan. But they should fit in an oversized pan.
- ☐ Place half of an English muffin into each mold, squishing it down to the bottom.
- ☐ Place sausage patty on top. Then crack an egg, placing the yolk in the center where the hole for the sausage patty is.
- ☐ Bake for 15–20 minutes until egg white is completely cooked.
- ☐ Serve while warm.

Nutrition Facts



Properties

Glycemic Index:17.17, Glycemic Load:9.26, Inflammation Score:-1, Nutrition Score:8.2234781695449%

Nutrients (% of daily need)

Calories: 259.1kcal (12.95%), Fat: 15.97g (24.57%), Saturated Fat: 5.19g (32.43%), Carbohydrates: 13.43g (4.48%), Net Carbohydrates: 12.66g (4.6%), Sugar: 0.16g (0.18%), Cholesterol: 194.28mg (64.76%), Sodium: 465.02mg (20.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.15g (28.3%), Selenium: 13.51µg (19.3%), Phosphorus: 182.4mg (18.24%), Vitamin B2: 0.3mg (17.46%), Vitamin B12: 0.76µg (12.74%), Vitamin B1: 0.19mg (12.4%), Vitamin B3: 2.48mg (12.39%), Zinc: 1.69mg (11.26%), Vitamin B5: 1.09mg (10.87%), Vitamin B6: 0.22mg (10.86%), Vitamin D: 1.43µg (9.55%), Iron: 1.5mg (8.31%), Folate: 31.65µg (7.91%), Potassium: 203.46mg (5.81%), Manganese: 0.12mg (5.81%), Vitamin A: 269.48IU (5.39%), Copper: 0.1mg (4.82%), Calcium: 43.28mg (4.33%), Magnesium: 17.22mg (4.3%), Vitamin E: 0.54mg (3.62%), Fiber: 0.77g (3.08%)