



Sausage Muffins

READY IN



45 min.

SERVINGS



6

CALORIES



416 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup butter
- ☐ 6 muffins split english
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 pound turkey sausage
- ☐ 5 oz sharp cheddar cheese

Equipment

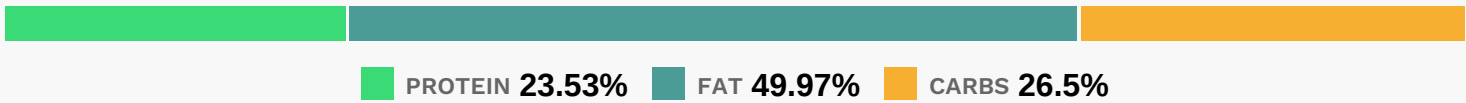
- ☐ frying pan
- ☐ baking sheet

☐ oven

Directions

- ☐ In a skillet over medium heat, brown sausage; drain.
- ☐ Add butter, cheese and garlic powder; mix and cook until cheese melts.
- ☐ Spread sausage mixture on 6 English muffin halves.
- ☐ Place on an ungreased baking sheet and bake at 350 degrees for 15 minutes, or until heated through. Top with remaining halves of English muffins.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:18.67, Inflammation Score:-4, Nutrition Score:11.663913159267%

Nutrients (% of daily need)

Calories: 415.75kcal (20.79%), Fat: 22.84g (35.14%), Saturated Fat: 11.03g (68.93%), Carbohydrates: 27.25g (9.08%), Net Carbohydrates: 25.7g (9.34%), Sugar: 0.09g (0.1%), Cholesterol: 100.66mg (33.55%), Sodium: 928.18mg (40.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.2g (48.4%), Phosphorus: 320.61mg (32.06%), Zinc: 3.59mg (23.94%), Vitamin B3: 4.39mg (21.94%), Vitamin B2: 0.37mg (21.9%), Calcium: 213.4mg (21.34%), Vitamin B12: 1.27µg (21.2%), Vitamin B6: 0.37mg (18.45%), Vitamin B5: 1.13mg (11.34%), Vitamin B1: 0.17mg (11.28%), Manganese: 0.22mg (11.15%), Vitamin A: 529.78IU (10.6%), Selenium: 6.81µg (9.73%), Potassium: 294.69mg (8.42%), Magnesium: 33mg (8.25%), Iron: 1.44mg (7.99%), Folate: 30.17µg (7.54%), Copper: 0.15mg (7.35%), Fiber: 1.55g (6.2%), Vitamin E: 0.5mg (3.3%), Vitamin C: 1.8mg (2.18%), Vitamin K: 1.23µg (1.17%)