



Savory Egg Muffins

READY IN



45 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

Ingredients

- 3 ounces bulk pork sausage
- 6 large eggs beaten
- 0.3 cup green onions sliced
- 0.3 cup monterrey jack cheese shredded
- 6 ounce bread stuffing mix for chicken
- 2 tablespoons butter unsalted
- 1.5 cups water

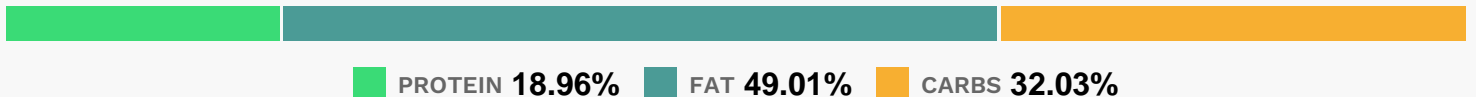
Equipment

- frying pan
- sauce pan
- oven
- knife
- muffin liners

Directions

- Preheat oven to 40
- Bring 1 1/2 cups water and butter to a boil in a medium saucepan. Stir in stuffing mix. Cover, remove from heat, and let stand 5 minutes; fluff with a fork.
- Let stand, uncovered, 10 minutes or until cool enough to handle.
- While stuffing cools, cook sausage in a small skillet over medium-high heat until browned; stir to crumble.
- Drain.
- Coat fingers with cooking spray. Press about 1/4 cup stuffing into bottom and up sides of each of 12 muffin cups heavily coated with cooking spray.
- Pour egg evenly into stuffing cups.
- Layer cheese, sausage, bell pepper, if desired, and green onions evenly over egg.
- Bake at 400 for 18 to 20 minutes or until centers are set.
- Let stand 5 minutes before serving. Run a thin sharp knife around edges of muffin cups to loosen.
- Remove from pans.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.07, Inflammation Score:0, Nutrition Score:11.216956548069%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 282.23kcal (14.11%), Fat: 15.17g (23.35%), Saturated Fat: 6.65g (41.56%), Carbohydrates: 22.31g (7.44%), Net Carbohydrates: 21.3g (7.74%), Sugar: 2.66g (2.96%), Cholesterol: 212.11mg (70.7%), Sodium: 601.27mg (26.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.21g (26.42%), Selenium: 29.94µg (42.77%), Vitamin B2: 0.39mg (22.93%), Phosphorus: 188.64mg (18.86%), Folate: 75.21µg (18.8%), Vitamin B1: 0.23mg (15.43%), Iron: 2.22mg (12.33%), Vitamin B3: 2.37mg (11.84%), Calcium: 109.5mg (10.95%), Vitamin B12: 0.63µg (10.52%), Vitamin B5: 1mg (9.96%), Vitamin A: 487.64IU (9.75%), Zinc: 1.43mg (9.54%), Manganese: 0.19mg (9.53%), Vitamin K: 9.63µg (9.17%), Vitamin B6: 0.18mg (8.96%), Vitamin D: 1.29µg (8.61%), Copper: 0.13mg (6.43%), Magnesium: 22.54mg (5.63%), Potassium: 191.6mg (5.47%), Vitamin E: 0.81mg (5.38%), Fiber: 1.02g (4.06%), Vitamin C: 0.88mg (1.07%)