



## Sourdough-Sausage Quiches

READY IN



45 min.

SERVINGS



40

CALORIES



100 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- 0.3 cup butter melted
- 0.3 cup celery minced
- 40 servings garnish: celery leaves
- 3 large eggs lightly beaten
- 0.3 pound sausage meat hot
- 0.8 cup half-and-half
- 3 tablespoons onion minced
- 0.3 teaspoon pepper
- 0.5 teaspoon poultry seasoning

- 0.1 teaspoon rubbed sage
- 0.3 teaspoon salt
- 2 ounces mozzarella cheese shredded finely
- 32 ounce loaves sourdough bread sliced

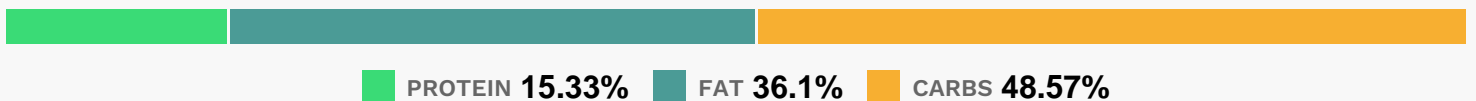
## Equipment

- bowl
- frying pan
- oven
- rolling pin

## Directions

- Cut bread slices into 40 rounds, using a 3" biscuit cutter.
- Roll each bread round lightly with a rolling pin.
- Brush both sides of each round lightly with melted butter. Press into miniature (1 3/4") muffin pans lightly coated with cooking spray.
- Bake at 350 for 20 minutes or until crisp and golden.
- Cook sausage, celery, and onion in a skillet over medium-high heat until sausage is browned, stirring until sausage is finely crumbled; drain.
- Combine sausage mixture, eggs, and next 6 ingredients in a medium bowl; stir well. Spoon into prepared toast cups, filling three-fourths full.
- Bake at 350 for 15 minutes or until set.
- Serve warm.
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:6.46, Glycemic Load:9.11, Inflammation Score:-2, Nutrition Score:3.7343477846488%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 100.1kcal (5.01%), Fat: 4.02g (6.19%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 11.64g (4.23%), Sugar: 1.32g (1.46%), Cholesterol: 18.7mg (6.23%), Sodium: 205.26mg (8.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Vitamin B1: 0.17mg (11.54%), Selenium: 8.04µg (11.48%), Vitamin B2: 0.13mg (7.77%), Folate: 30.71µg (7.68%), Manganese: 0.13mg (6.33%), Vitamin B3: 1.24mg (6.22%), Iron: 1.01mg (5.6%), Phosphorus: 45.5mg (4.55%), Calcium: 27.87mg (2.79%), Zinc: 0.41mg (2.73%), Vitamin A: 123.77IU (2.48%), Magnesium: 9.23mg (2.31%), Vitamin B6: 0.04mg (2.24%), Fiber: 0.54g (2.18%), Copper: 0.04mg (2.04%), Vitamin B5: 0.17mg (1.74%), Vitamin B12: 0.1µg (1.67%), Potassium: 52.28mg (1.49%), Vitamin E: 0.17mg (1.13%)