



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Lite Sausage Breakfast ♦♦

A light and delicious sausage breakfast that is perfect for starting your day. This recipe combines savory sausage with healthy ingredients to create a satisfying and nutritious meal.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

200 g	sausage
4 units	Eggs
100 g	spinach
100 g	Tomatoes
50 g	Onions

1 tsp salt

1 tsp pepper

Directions

Step 1

Stove

Cook the sausage in a skillet over medium heat until browned.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

In a separate skillet, sauté the onions and tomatoes until softened.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Stove

Add the spinach to the skillet and cook until wilted.

Prep Time: 1 mins

Cook Time: 2 mins

Step 4

In a bowl, beat the eggs and season with salt and pepper.

Prep Time: 2 mins

Cook Time: 2 mins

Step 5

Stove

Pour the beaten eggs over the cooked sausage and vegetables in the skillet.

Prep Time: 1 mins

Cook Time: 3 mins

Step 6

Stove

Cook the mixture, stirring occasionally, until the eggs are fully cooked.

Prep Time: 2 mins

Cook Time: 5 mins

Step 7

Serve hot and enjoy!

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	30 iu	3.33%	4.29%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue

Meal Type

Breakfast Brunch Lunch

Difficulty Level

Easy

Visit our website: healthdor.com