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Turkey Sausage Egg Muffins ♦♦

Turkey Sausage Egg Muffins are a delicious and protein-packed breakfast option. They are made with turkey sausage, eggs, and other flavorful ingredients. These muffins are easy to make and can be enjoyed on the go or as a sit-down breakfast. They are a great way to start your day!

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

200 g	Turkey Sausage
6 pieces	Eggs
100 g	Cheese
50 g	spinach

50 g	bell pepper
50 g	onion
1 tsp	salt
1 tsp	pepper
2 tbsp	olive oil

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

In a skillet, heat olive oil over medium heat. Add turkey sausage, bell pepper, and onion.

Cook until sausage is browned and vegetables are softened.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Mixing

In a bowl, whisk eggs with salt and pepper. Stir in cooked sausage, bell pepper, onion, spinach, and cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Preparation

Grease a muffin tin with olive oil. Pour the egg mixture into the muffin cups, filling each cup about 3/4 full.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

Bake in the preheated oven for 15-20 minutes, or until the muffins are set and golden brown on top.

Prep Time: 0 mins

Cook Time: 15 mins

Step 6

Cooling

Remove from the oven and let cool for a few minutes. Serve warm.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	5 g	9.09%	10%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%
Vitamin D	10 mcg	66.67%	66.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	6 mg	0.18%	0.23%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch Snack Supper

Kitchen Tools

Slow Cooker

Course

Appetizers Main Dishes Salads Snacks

Cultural

Chinese New Year

Cost

\$40 to \$50

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Difficulty Level

Medium

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