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Sausage and Egg Bites ♦♦

Sausage and Egg Bites are a delicious and easy-to-make breakfast or brunch option. They are made with sausage, eggs, and a few other simple ingredients. These bite-sized treats are perfect for on-the-go or for serving at a brunch gathering.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 300 grams

Number of Servings: 6

Serving Size: 50 g

Ingredients

200 g	Sausage
6 pieces	Eggs
100 g	Cheddar Cheese
50 ml	milk
1 tsp	Salt

0.5 tsp Black pepper

2 tbsp vegetable oil

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

In a skillet, cook the sausage until browned. Remove from heat and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

In a bowl, whisk together the eggs, milk, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grease a mini muffin tin with vegetable oil.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Place a small amount of cooked sausage and shredded cheddar cheese in each muffin cup.

Prep Time: 3 mins

Cook Time: 0 mins

Step 6

Pour the egg mixture into each muffin cup, filling about 3/4 full.

Prep Time: 3 mins

Cook Time: 10 mins

Step 7

Oven

Bake in the preheated oven for 10-12 minutes, or until the eggs are set.

Prep Time: 0 mins

Cook Time: 10 mins

Step 8

Remove from the oven and let cool for a few minutes before serving.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	1 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	9 g	40.91%	52.94%
Fat	15 g	53.57%	60%
Cholesterol	190 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	4 mg	26.67%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	6 mcg	40%	40%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	10 mg	1%	1%
Iron	4 mg	50%	22.22%
Potassium	150 mg	4.41%	5.77%
Zinc	6 mg	54.55%	75%
Selenium	15 mcg	27.27%	27.27%

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 Snack Supper

Difficulty Level

Easy

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