

Amazing Muffin Cups

www.JohnsonvilleSausage.com

Servings: 12

*12 links Johnsonville Original
Breakfast Sausage
6 eggs, lightly beaten
2 cups (8 ounces) four-cheese
Mexican blend cheese, shredded
1/4 cup red bell pepper, chopped
3 cups frozen country-style hash
brown potatoes, thawed
3 tablespoons butter, melted
1/8 teaspoon salt
1/8 teaspoon pepper
1/4 cup fresh chives or green onion,
chopped*

Preparation Time: 20 minutes

Bake: 20 minutes

Preheat the oven to 400 degrees.

Prepare the sausage according to package directions. Cool slightly and cut into 1/2-inch pieces. Set aside.

In a bowl, combine the eggs, cheese and bell pepper. Set aside.

In a bowl, combine the hash browns, butter, salt and pepper. Divide evenly into twelve greased muffin cups. Press the mixture onto the sides and bottom of the muffin cups.

Bake for 12 minutes or until lightly browned. Remove from the oven. Divide the sausage pieces into the muffin cups.

Spoon the egg mixture evenly into the muffin cups. Sprinkle with the chives or onion.

Bake for 13 to 15 minutes or until set. Serve.

Per Serving (excluding unknown items): 63 Calories; 5g Fat (77.0% calories from fat); 3g Protein; trace Carbohydrate; trace Dietary Fiber; 114mg Cholesterol; 86mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):

63

Vitamin B6 (mg):

trace

% Calories from Fat:	77.0%
% Calories from Carbohydrates:	2.6%
% Calories from Protein:	20.4%
Total Fat (g):	5g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	114mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	86mg
Potassium (mg):	40mg
Calcium (mg):	14mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	6mg
Vitamin A (i.u.):	407IU
Vitamin A (r.e.):	79 1/2RE

Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	13mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 63 Calories from Fat: 49

% Daily Values*

Total Fat 5g	8%
Saturated Fat 3g	13%
Cholesterol 114mg	38%
Sodium 86mg	4%
Total Carbohydrates trace	0%
Dietary Fiber trace	0%
Protein 3g	
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Vitamin A	8%
Vitamin C	10%
Calcium	1%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.