



Sausage & Egg Breakfast Cups

by Tiffany Lo

Ingredients

for 4 servings

1 lb ground sausage, pork, chicken, or turkey

salt, to taste

pepper, to taste

¼ teaspoon garlic powder

¼ teaspoon onion powder

¼ teaspoon paprika

¼ teaspoon dried parsley

6 eggs

SUGGESTED FILLINGS

shredded cheddar cheese, to taste

spinach, chopped

tomato, diced

Nutrition Info

Shop ingredients with

Walmart Grocery Pickup

Calories **502**

Fat **39g**

Carbs **2g**

Fiber **0g**

Sugar **1g**

Protein **33g**

Estimated values based on one serving size.

Preparation

- 1** Mix sausage, salt, pepper, garlic powder, onion powder, paprika, and dried parsley in a bowl until well combined.
- 2** Grease a muffin tin and start to form shells with the sausage mix. Cover the sides and leave room in the middle for the eggs.
- 3** In a separate bowl, mix the eggs, salt, and pepper.
- 4** Pour egg mixture into the middle of each cup.
- 5** Top with shredded cheese, tomatoes, spinach, or toppings of your choice.
- 6** Bake at 350°F (180°C) for 30 minutes.
- 7** Enjoy!