

# Broccoli Cheddar and Sausage Egg Muffin Pull-A-Parts

Yield: 6 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/best-divine-buttermilk-biscuits-recipe-for-easter-brunch>

## Ingredients:

- 6 buttermilk biscuits Pillsbury, from can, 8 count
- 1 pinch kosher salt and fresh cracked black pepper
- 1 cup broccoli florets cooked, cut up into small pieces
- 1/2 cup sausage links cooked, cut up
- 4 eggs
- 3 tablespoons milk
- 1 pinch kosher salt and fresh cracked black pepper
- 1 cup shredded cheddar cheese
- hot sauce Cholulla

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 160 milligrams
4. Fat: 18 grams
5. Fiber: 1 grams
6. Protein: 13 grams
7. SaturatedFat: 6 grams
8. Sodium: 850 milligrams
9. Sugar: 3 grams

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