

Broccoli and Italian Sausage Egg Muffins

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/broccoli-and-italian-sausage-egg-muffins-recipe>

Ingredients:

- 1 pound italian sausage sweet, mild, hot variety depending on your preference
- 1 cup broccoli florets
- 8 large eggs
- 1/4 cup milk or half and half depending on how you're feeling that day
- 1/2 tablespoon vegetable oil
- 1/2 teaspoon baking powder
- salt
- pepper
- grated Parmesan cheese Freshly, as needed

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 515 milligrams
4. Fat: 48 grams
5. Fiber: 1 grams
6. Protein: 32 grams
7. SaturatedFat: 16 grams
8. Sodium: 1310 milligrams
9. Sugar: 2 grams

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