

# Cowboy Christmas Breakfast

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/cowboy-christmas-recipe>

## Ingredients:

- 10 rolls thick white, split in half and buttered on the inside, any type works, Costco rolls, homemade, etc
- 1 1/2 pounds spicy sausage or Italian
- 1/2 onion chopped
- 1 clove garlic crushed or chopped
- 3 cups grated cheese cheddar, Monterey Jack, Pepper Jack or a combo
- 10 large eggs
- 2 cups whole milk
- 1 teaspoon dry mustard
- 1 teaspoon salt
- ground pepper

## Nutrition:

1. Calories: 1040 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 665 milligrams
4. Fat: 67 grams
5. Fiber: 9 grams
6. Protein: 55 grams
7. SaturatedFat: 22 grams
8. Sodium: 2360 milligrams
9. Sugar: 16 grams

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