

On-The-Go Egg Bites

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/crockpot-recipe-using-mild-italian-sauage-sweet-potatoes>

Ingredients:

- 1 pound mild Italian sausage ground pork
- 12 eggs beaten, if preferred
- 2 sweet potatoes narrow, sliced
- salt and pepper, to taste

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 480 milligrams
4. Fat: 33 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 11 grams
8. Sodium: 850 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy On-The-Go Egg Bites above. You can see more 16 crockpot recipe using mild italian sauage sweet potatoes Delight in these amazing recipes! to get more great cooking ideas.