

Loaded Puff Pastry Breakfast Cups

Yield: 9 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-puff-pastry-recipe>

Ingredients:

- 1/2 pound italian sausage
- 6 strips bacon
- 2 cups frozen hash brown potatoes store-bought
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup canola oil
- 5 large eggs beaten
- 1/4 cup 2% milk
- 3/4 cup shredded cheddar cheese
- 2 ounces crumbled goat cheese
- 1 sheet puff pastry store-bought, There are usually sold with 2 sheets/package
- 1/4 cup flour

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 165 milligrams
4. Fat: 45 grams
5. Fiber: 2 grams
6. Protein: 17 grams
7. SaturatedFat: 14 grams
8. Sodium: 780 milligrams
9. Sugar: 1 grams

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