

Mexican Breakfast Sausage Cups

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-breakfast-sausage-recipe>

Ingredients:

- 15/16 pound ground pork /beef
- 2 tablespoons taco seasoning paleo
- 1/2 red bell pepper
- 1/2 yellow bell pepper
- 1/4 zucchini
- 7 eggs
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1 large tomato
- 2 avocado
- 1 red onion small
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 sprigs cilantro

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 295 milligrams
4. Fat: 31 grams
5. Fiber: 6 grams
6. Protein: 22 grams
7. SaturatedFat: 9 grams
8. Sodium: 400 milligrams
9. Sugar: 4 grams

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