

Spinach and Sausage Muffin Quiches (Low-Carb)

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/sausage-muffin-recipe-from-southern-living-magazine>

Ingredients:

- 1 pound frozen chopped spinach defrosted
- 1 pound hot Italian sausage
- 1 onion large, diced
- 2 jalapeno peppers diced, seeded for less heat
- 10 large eggs
- 2 cups cottage cheese low fat
- 2 cups cheddar cheese or a cheese blend of cheddar/mozzarella
- 4 cloves garlic minced or grated
- 1 tablespoon fresh ginger grated
- red chili flakes to taste
- 1/2 teaspoon turmeric optional
- 1 teaspoon dried basil
- salt
- black pepper

Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 675 milligrams
4. Fat: 67 grams
5. Fiber: 3 grams
6. Protein: 48 grams
7. SaturatedFat: 28 grams
8. Sodium: 1550 milligrams
9. Sugar: 4 grams

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