

Sausage Ball Muffins

Yield: 18 min
Total Time: 30 min

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

Ingredients:

- 2 cups baking mix
- 1 roll breakfast sausage
- 2 cups shredded sharp cheddar cheese
- 4 eggs
- 4 tablespoons milk
- 1 dash cayenne or Black Pepper, optional

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 60 milligrams
4. Fat: 7 grams
5. Protein: 6 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 270 milligrams
8. Sugar: 2 grams

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