

# Sausage, Artichoke & Goat Cheese Egg Bake

Yield: 8 min  
Total Time: 65 min

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

## Ingredients:

- 1/4 pound italian sausage spicy, about 1 large sausage
- 1 onion large, diced
- 4 cloves garlic minced
- 1/4 cup sun dried tomatoes finely chopped
- 12 ounces frozen artichoke hearts thawed and roughly chopped
- 8 large eggs
- 1 cup whole milk
- 1 1/2 teaspoons salt
- ground black pepper Freshly
- 3 ounces goat cheese crumbled
- 1 cup shredded Parmesan cheese

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 245 milligrams
4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 18 grams
7. SaturatedFat: 8 grams
8. Sodium: 900 milligrams
9. Sugar: 4 grams

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