



3-Ingredient Sausage Squares

READY IN



45 min.

SERVINGS



12

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz cream cheese softened
- ☐ 2 pounds sausage meat
- ☐ 16 oz regular crescent rolls refrigerated

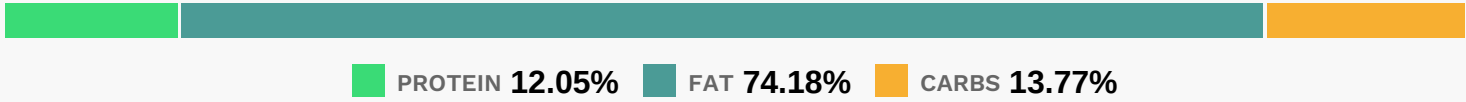
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Brown sausage in a skillet; drain.
- ☐ Add cream cheese, stirring until melted and well blended; remove from heat and set aside.
- ☐ Press dough from one tube crescent rolls into a greased 13"x9" baking pan, being sure to cover bottom and part of the way up sides of dish; press seams together.
- ☐ Pour sausage mixture over top; set aside.
- ☐ Roll remaining crescent roll dough into a 13"x9" rectangle; layer over sausage mixture.
- ☐ Bake, uncovered, at 350 degrees for 15 to 20 minutes or until golden; cut into squares to serve.

Nutrition Facts



Properties

Glycemic Index:4.58, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:6.7413043574147%

Nutrients (% of daily need)

Calories: 494.42kcal (24.72%), Fat: 41.19g (63.36%), Saturated Fat: 17.69g (110.54%), Carbohydrates: 17.21g (5.74%), Net Carbohydrates: 17.21g (6.26%), Sugar: 5.2g (5.78%), Cholesterol: 92.61mg (30.87%), Sodium: 896.22mg (38.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.06g (30.11%), Vitamin B3: 3.59mg (17.95%), Vitamin B1: 0.22mg (14.44%), Phosphorus: 142.5mg (14.25%), Vitamin B6: 0.25mg (12.62%), Zinc: 1.83mg (12.2%), Vitamin B12: 0.73µg (12.1%), Vitamin A: 564.34IU (11.29%), Vitamin B2: 0.18mg (10.54%), Iron: 1.36mg (7.54%), Vitamin B5: 0.72mg (7.23%), Potassium: 237.38mg (6.78%), Vitamin D: 0.98µg (6.55%), Selenium: 3.25µg (4.64%), Calcium: 43.47mg (4.35%), Magnesium: 13.99mg (3.5%), Vitamin E: 0.47mg (3.12%), Copper: 0.06mg (2.83%), Vitamin K: 1.1µg (1.04%), Folate: 4.16µg (1.04%)