



Breakfast Sausage and Rice Brunch Ring

READY IN



50 min.

SERVINGS



10

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 rolls breakfast sausage
- ☐ 1 package canadian bacon
- ☐ 2 cups rice medium grain cooked in chicken broth
- ☐ 2 tablespoons brown sugar dark
- ☐ 1 cup mushrooms fresh sliced
- ☐ 1 teaspoon garlic salt
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 pound ground beef lean
- ☐ 1 cup onions chopped

- ☐ 2 cans crescent rolls refrigerated
- ☐ 2 cups cheese shredded with jalapenos mexican style

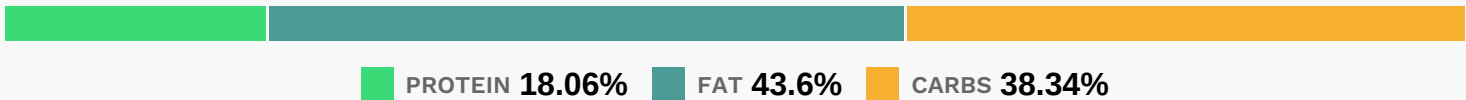
Equipment

- ☐ frying pan
- ☐ oven
- ☐ stove

Directions

- ☐ In a heavy skillet, add breakfast sausage, beef, onions, bell peppers, and mushrooms. Cook over medium heat on stove until the meat is no longer pink and the vegetables are tender.
- ☐ Add salt, brown sugar, and rice, and mix well.
- ☐ Remove from heat and add 1 cup shredded cheese and mix well.
- ☐ Preheat oven to 375 degrees F.
- ☐ On a round baking stone arrange crescent dough triangles in a circle with wide bases overlapping to form a circle in the center of the stone. The crescent roll points should be hanging over the edges.
- ☐ Place a scoop of rice and meat mixture evenly on wide edges of crescent roll.
- ☐ Sprinkle 1/2 cup shredded cheese evenly over meat and rice mixture. Bring points up over filling and tuck under center bases. The filling will not be completely covered with crescent rolls. Slice Canadian bacon in half and place slices over mixture between rolls.
- ☐ Bake for 13 to 15 minutes or until golden brown.
- ☐ Remove from oven and sprinkle remaining shredded cheese on top of dish.
- ☐ Cut top off medium bell pepper.
- ☐ Remove seeds and membrane. Fill with breakfast syrup.
- ☐ Place pepper in center of ring with arranged shredded lettuce around. Slice and drizzle syrup for a special added flavor!

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:0.55, Inflammation Score:-3, Nutrition Score:10.004347847856%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 380.82kcal (19.04%), Fat: 18.68g (28.74%), Saturated Fat: 8.43g (52.71%), Carbohydrates: 36.96g (12.32%), Net Carbohydrates: 36.46g (13.26%), Sugar: 8.13g (9.03%), Cholesterol: 44.29mg (14.76%), Sodium: 934.1mg (40.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.41g (34.83%), Selenium: 16.56µg (23.65%), Phosphorus: 203.17mg (20.32%), Vitamin B12: 1.18µg (19.73%), Vitamin B3: 3.7mg (18.51%), Vitamin B1: 0.26mg (17.07%), Zinc: 2.44mg (16.29%), Vitamin B6: 0.26mg (12.77%), Calcium: 124.35mg (12.43%), Iron: 2.2mg (12.24%), Vitamin B2: 0.19mg (11.09%), Manganese: 0.22mg (10.92%), Folate: 36.8µg (9.2%), Vitamin C: 7.41mg (8.99%), Potassium: 250.33mg (7.15%), Vitamin B5: 0.66mg (6.65%), Copper: 0.11mg (5.42%), Magnesium: 20.36mg (5.09%), Vitamin D: 0.68µg (4.54%), Vitamin A: 183.51IU (3.67%), Fiber: 0.49g (1.98%), Vitamin E: 0.18mg (1.23%), Vitamin K: 1.22µg (1.16%)