



## Breakfast Sausage Roll

READY IN



860 min.

SERVINGS



12

CALORIES



499 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 pound loaves bread dough white frozen
- 6 ounce mushrooms canned
- 1 eggs
- 0.5 large bell pepper green chopped
- 1 pound sausage meat
- 1 pound ground spicy pork sausage
- 2 cups mozzarella cheese shredded
- 1 tablespoon vegetable oil
- 2 tablespoons water

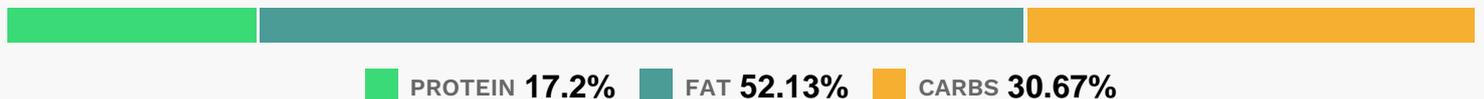
## Equipment

- bowl
- frying pan
- baking sheet
- oven

## Directions

- Rub the frozen bread dough with vegetable oil, cover and allow to thaw overnight at room temperature.
- Place sausage in a large, deep skillet. Cook over medium-high heat until evenly brown.
- Drain, crumble and set aside.
- Preheat oven to 350 degrees F (175 degrees C).
- Roll out one loaf of bread and place on an ungreased cookie sheet.
- Layer cooked sausage, green peppers, mushrooms, and cheese on top of bread. Leave 1 inch border at the edges bare.
- Roll out second loaf of bread and place over bread and filling. Enclose filling by pinching edges of both loaves together.
- In a small bowl, beat together egg and water.
- Brush surface of roll with egg wash.
- Bake in preheated oven for 25 to 30 minutes, or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:7.75, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:8.3860870340596%

## Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 498.58kcal (24.93%), Fat: 27.98g (43.04%), Saturated Fat: 9.4g (58.76%), Carbohydrates: 37.03g (12.34%), Net Carbohydrates: 35.1g (12.76%), Sugar: 0.7g (0.78%), Cholesterol: 82.82mg (27.61%), Sodium: 1019.18mg (44.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.77g (41.54%), Vitamin B3: 3.84mg (19.18%), Phosphorus: 186.12mg (18.61%), Vitamin B12: 1.1µg (18.35%), Zinc: 2.34mg (15.63%), Vitamin B1: 0.23mg (15.39%), Vitamin B6: 0.27mg (13.42%), Calcium: 105.44mg (10.54%), Vitamin B2: 0.17mg (9.81%), Vitamin D: 1.16µg (7.73%), Fiber: 1.93g (7.72%), Vitamin C: 6.02mg (7.3%), Vitamin B5: 0.71mg (7.12%), Selenium: 4.88µg (6.97%), Potassium: 236.98mg (6.77%), Iron: 1.12mg (6.23%), Copper: 0.09mg (4.64%), Vitamin A: 227.97IU (4.56%), Magnesium: 17.59mg (4.4%), Vitamin K: 3.33µg (3.17%), Vitamin E: 0.34mg (2.25%), Manganese: 0.03mg (1.55%), Folate: 6.17µg (1.54%)