



Easy Sausage Biscuit Bites

READY IN



35 min.

SERVINGS



40

CALORIES



53 kcal

Ingredients

- ☐ 12 ounce biscuit dough refrigerated canned (such as Pillsbury Grands Jr.®)
- ☐ 2 tablespoons mustard sweet hot
- ☐ 4 teaspoons parmesan cheese finely grated
- ☐ 9 ounces mild sausage links to package directions and coin fully cooked

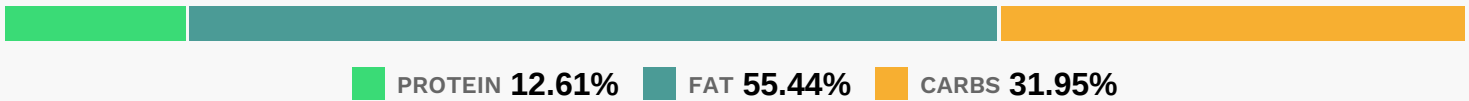
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Spread each biscuit into a 2x4-inch oval using your hands.
- ☐ Brush hot mustard onto each biscuit.
- ☐ Place a sausage link across the short edge of each biscuit oval and roll up lengthwise.
- ☐ Cut each rolled biscuit into 4 round slices.
- ☐ Lay 'bites' onto a baking sheet.
- ☐ Sprinkle each 'bite' with Parmesan cheese.
- ☐ Bake in the preheated oven until biscuits are browned, 18 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:2.61, Inflammation Score:-1, Nutrition Score:1.4082608720207%

Nutrients (% of daily need)

Calories: 52.97kcal (2.65%), Fat: 3.26g (5.01%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 4.23g (1.41%), Net Carbohydrates: 4.08g (1.48%), Sugar: 0.31g (0.34%), Cholesterol: 5.11mg (1.7%), Sodium: 137.56mg (5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Phosphorus: 49.12mg (4.91%), Vitamin B1: 0.06mg (3.69%), Vitamin B3: 0.59mg (2.95%), Selenium: 2.03µg (2.89%), Vitamin B2: 0.03mg (2.05%), Iron: 0.37mg (2.03%), Manganese: 0.04mg (1.86%), Folate: 6.1µg (1.52%), Zinc: 0.21mg (1.37%), Vitamin B6: 0.02mg (1.22%), Vitamin B12: 0.07µg (1.21%), Potassium: 36.9mg (1.05%)