



Sausage and Apple Cheddar Biscuit Bake

READY IN



20 min.

SERVINGS



12

CALORIES



383 kcal

Ingredients

- 1 lb sausage meat
- 4 cups apples coarsely chopped
- 1 cup onion chopped
- 6 eggs
- 0.5 teaspoon salt
- 2.3 cups flour all-purpose
- 2.5 teaspoons double-acting baking powder
- 2 teaspoons sugar
- 0.8 teaspoon baking soda
- 1 teaspoon salt

- 6 tablespoons butter firm cut into 1/2-inch cubes
- 6 oz cheddar cheese shredded
- 2 tablespoons spring onion finely chopped
- 1 cup buttermilk

Equipment

- bowl
- oven
- whisk
- blender
- baking pan
- glass baking pan

Directions

- Heat oven to 425°F. Spray bottom and sides of 13x9-inch (3-quart) glass baking dish with cooking spray or grease with shortening. In 12-inch skillet, cook sausage, apples and onion over medium-high heat 8 to 10 minutes, stirring frequently, until sausage is no longer pink; drain if necessary. Spoon into baking dish.
- In medium bowl, beat eggs and 1/2 teaspoon salt with wire whisk or fork until well mixed.
- Pour eggs over sausage mixture.
- In large bowl, mix flour, baking powder, sugar, baking soda and 1 teaspoon salt.
- Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like coarse crumbs. Stir in cheese and green onions.
- Add buttermilk; stir just until combined. Drop dough by rounded tablespoonfuls evenly onto sausage mixture.
- Bake uncovered 20 to 30 minutes or until biscuits are deep golden brown and done in the middle.
- Let stand 10 minutes before serving.

Nutrition Facts



■ PROTEIN 15.88% ■ FAT 55.46% ■ CARBS 28.66%

Properties

Glycemic Index:34.51, Glycemic Load:15.82, Inflammation Score:-5, Nutrition Score:11.845652175986%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 382.57kcal (19.13%), Fat: 23.55g (36.24%), Saturated Fat: 8.34g (52.11%), Carbohydrates: 27.39g (9.13%), Net Carbohydrates: 25.5g (9.27%), Sugar: 6.75g (7.51%), Cholesterol: 125.43mg (41.81%), Sodium: 900.36mg (39.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.18g (30.36%), Selenium: 19.53µg (27.9%), Phosphorus: 230.51mg (23.05%), Vitamin B2: 0.38mg (22.19%), Vitamin B1: 0.32mg (21.65%), Calcium: 199.99mg (20%), Vitamin B3: 3.26mg (16.32%), Folate: 62.08µg (15.52%), Vitamin B12: 0.77µg (12.77%), Zinc: 1.91mg (12.72%), Vitamin A: 605.31IU (12.11%), Iron: 2.11mg (11.71%), Vitamin B6: 0.21mg (10.73%), Manganese: 0.2mg (10.22%), Vitamin B5: 0.88mg (8.77%), Vitamin D: 1.28µg (8.51%), Fiber: 1.89g (7.55%), Potassium: 257.09mg (7.35%), Magnesium: 22.97mg (5.74%), Copper: 0.1mg (5.09%), Vitamin E: 0.74mg (4.92%), Vitamin C: 3.37mg (4.08%), Vitamin K: 3.73µg (3.55%)