



## French Toast Sausage Fluffins

READY IN



45 min.

SERVINGS



12

CALORIES



229 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 tablespoons butter melted
- 1 tablespoon corn oil mazola®
- 1 eggs
- 2.8 cups flour all-purpose
- 0.5 teaspoon ground saigon cinnamon spice islands®
- 1 cup very warm milk (120 to 130 degrees F)
- 9.6 ounce pork sausage links pre-cooked maple flavored
- 1 teaspoon salt
- 2 tablespoons sugar

- 1 teaspoon vanilla extract pure spice islands®
- 0.3 ounce fleischmann's® rapidrise yeast

## Equipment

- bowl
- frying pan
- paper towels
- oven
- knife
- wire rack
- blender
- muffin liners

## Directions

- Reheat sausage according to package directions (this will remove any excess moisture). Cool on paper towels for 5 minutes; pat dry. Slice into very thin slices and set aside.
- Combine 1-1/2 cups flour, undissolved yeast, sugar and salt in large mixer bowl.
- Add milk, oil, egg and vanilla; beat 2 minutes on medium speed. Gradually add remaining 1-1/4 cups flour to make a stiff yet sticky dough. Stir in sausage. Cover bowl and let rest 10 minutes.
- Portion dough into 12 (2-1/2 inch) generously greased muffin cups using a scoop or two spoons (do not use paper liners). Cover and let rise 35 to 45 minutes. Dough will rise, but not double in size.
- Combine sugar and cinnamon for topping in a small bowl; set aside.
- Bake in preheated 375 degrees F oven for 20 to 25 minutes until well browned.
- Let cool on wire rack for 2 minutes.
- Brush with butter and sprinkle with cinnamon sugar mixture. Run a knife around each roll to remove from pan.
- Serve warm with pancake syrup, if desired. Refrigerate any leftovers.

## Nutrition Facts



■ PROTEIN 13.79% ■ FAT 41.5% ■ CARBS 44.71%

## Properties

Glycemic Index:18.01, Glycemic Load:17.57, Inflammation Score:-3, Nutrition Score:7.2104348391294%

## Nutrients (% of daily need)

Calories: 228.54kcal (11.43%), Fat: 10.39g (15.99%), Saturated Fat: 3.02g (18.89%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 24.22g (8.81%), Sugar: 3.11g (3.45%), Cholesterol: 32.41mg (10.8%), Sodium: 373.9mg (16.26%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 7.77g (15.55%), Vitamin B1: 0.37mg (24.36%), Folate: 68.22µg (17.06%), Selenium: 11.28µg (16.12%), Vitamin B3: 3.02mg (15.11%), Vitamin B2: 0.24mg (14.07%), Manganese: 0.22mg (10.8%), Phosphorus: 93.72mg (9.37%), Iron: 1.67mg (9.27%), Zinc: 0.87mg (5.82%), Vitamin B12: 0.34µg (5.63%), Vitamin B6: 0.11mg (5.5%), Vitamin B5: 0.49mg (4.92%), Vitamin D: 0.59µg (3.95%), Fiber: 0.98g (3.91%), Potassium: 130.01mg (3.71%), Calcium: 35.29mg (3.53%), Magnesium: 12.84mg (3.21%), Copper: 0.06mg (3.12%), Vitamin A: 153.46IU (3.07%), Vitamin E: 0.36mg (2.38%)