



## Italian Sausage-and-Fontina Biscuit Sandwiches

READY IN



50 min.

SERVINGS



25

CALORIES



102 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup buttermilk cold
- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 cup fontina shredded italian
- ☐ 1 tablespoon heavy cream
- ☐ 0.5 pound sausages italian with a fork hot
- ☐ 0.3 cup kalamata olives pitted chopped

- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 3 tablespoons parmigiano-reggiano cheese freshly grated
- ☐ 1 tablespoon pecorino cheese freshly grated
- ☐ 1 roasted bell pepper red cut into 1/2-inch dice
- ☐ 0.5 teaspoon salt
- ☐ 25 servings salt and pepper black freshly ground
- ☐ 6 scallions cut into 1/2-inch pieces
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup sun-dried tomatoes minced drained in oil
- ☐ 4 tablespoons butter unsalted

## Equipment

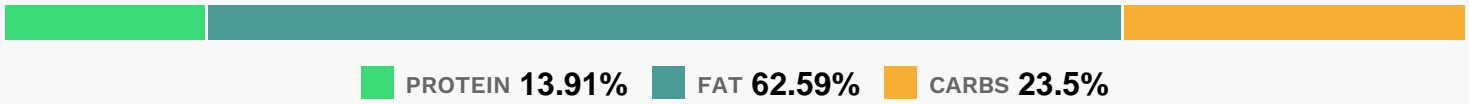
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ microwave
- ☐ pastry cutter

## Directions

- ☐ In a medium skillet, heat the olive oil.
- ☐ Add the sausages, cover and cook over moderate heat until nicely browned and cooked through, about 10 minutes total.
- ☐ Drain the sausages and cut into 1/2-inch chunks.
- ☐ Transfer the sausage to a microwave-safe bowl.
- ☐ Add the roasted red pepper, sun-dried tomatoes, scallions, olives, Parmigiano and 1/4 cup of the Fontina to the sausage and season with salt and pepper.
- ☐ Mix well.

- ☐ Preheat the oven to 37
- ☐ Lightly butter a baking sheet. In a bowl, whisk the flour, baking powder, sugar, salt and baking soda. Using a pastry cutter or your fingers, blend in the butter until the mixture resembles coarse meal. Gently stir in the buttermilk until almost incorporated. Using your hands, gently mix the dough until blended.
- ☐ On a lightly floured work surface, form the dough into a square.
- ☐ Roll or pat the square into a 1/2-inch-thick rectangle.
- ☐ Cut the rectangle in half and cut each half in half again to make 4 biscuits; transfer to the prepared baking sheet.
- ☐ Brush the tops with the cream and sprinkle with the pecorino.
- ☐ Bake the biscuits in the upper third of the oven for 10 minutes. Increase the oven temperature to 400 and bake for about 10 minutes longer, until the biscuits are pale golden and just cooked through.
- ☐ Let cool slightly.
- ☐ Rewarm the sausage filling in the microwave. Split the warm biscuits and fill with the remaining 1/2 cup of Fontina and the sausage filling. Close the sandwiches and serve.

## Nutrition Facts



## Properties

Glycemic Index:17.64, Glycemic Load:3.77, Inflammation Score:-2, Nutrition Score:3.2626086888106%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 102.25kcal (5.11%), Fat: 7.14g (10.98%), Saturated Fat: 3.39g (21.17%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 5.62g (2.04%), Sugar: 0.57g (0.64%), Cholesterol: 18.13mg (6.04%), Sodium: 241.75mg (10.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.14%), Selenium: 5.4µg (7.72%), Vitamin B1: 0.11mg (7.25%), Vitamin K: 6.57µg (6.26%), Calcium: 54.05mg (5.4%), Phosphorus: 50.61mg (5.06%), Vitamin B2: 0.07mg (4.37%), Folate: 15.19µg (3.8%), Vitamin B3: 0.75mg (3.73%), Manganese: 0.07mg (3.69%), Vitamin A: 172.57IU (3.45%), Vitamin B12: 0.19µg (3.09%), Vitamin C: 2.53mg (3.07%), Iron: 0.54mg (2.98%), Zinc: 0.41mg (2.75%),

Vitamin B6: 0.04mg (2.24%), Potassium: 69.94mg (2%), Fiber: 0.41g (1.64%), Copper: 0.03mg (1.61%), Magnesium: 6.16mg (1.54%), Vitamin B5: 0.13mg (1.26%), Vitamin E: 0.19mg (1.24%)