



Pesto Sausage Biscuit Bites

READY IN



25 min.

SERVINGS



10

CALORIES



222 kcal

Ingredients

- ☐ 20 ounce buttermilk biscuit dough refrigerated canned
- ☐ 10 links diestel breakfast sausage
- ☐ 1 tablespoon parmesan cheese or as needed grated
- ☐ 5 teaspoons pesto

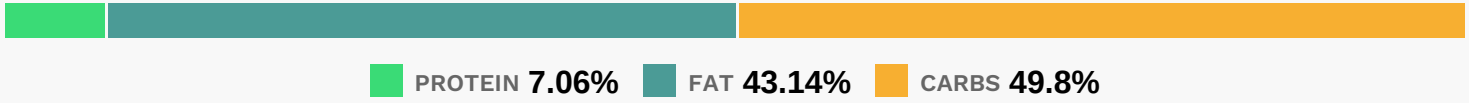
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Press each biscuit into a 4-inch circle on a lightly floured surface.
- ☐ Spread 1/2 teaspoon pesto over top of each biscuit.
- ☐ Place 1 sausage link on the edge of each biscuit and roll dough around sausage.
- ☐ Cut each roll into 4 pieces and place on a baking sheet; sprinkle with Parmesan cheese.
- ☐ Bake in the preheated oven until biscuits are golden brown and sausage is cooked, 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:9.3, Glycemic Load:17.4, Inflammation Score:-2, Nutrition Score:6.0317391255142%

Nutrients (% of daily need)

Calories: 221.77kcal (11.09%), Fat: 10.69g (16.44%), Saturated Fat: 1.74g (10.86%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 26.98g (9.81%), Sugar: 2.05g (2.28%), Cholesterol: 1.92mg (0.64%), Sodium: 572.59mg (24.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.87%), Phosphorus: 248.33mg (24.83%), Vitamin B1: 0.25mg (16.33%), Selenium: 10.83µg (15.48%), Manganese: 0.22mg (11.14%), Iron: 1.9mg (10.55%), Folate: 39.73µg (9.93%), Vitamin B2: 0.17mg (9.91%), Vitamin B3: 1.95mg (9.74%), Vitamin E: 0.75mg (5.02%), Potassium: 130.41mg (3.73%), Calcium: 36.32mg (3.63%), Fiber: 0.78g (3.11%), Magnesium: 9.95mg (2.49%), Copper: 0.05mg (2.4%), Vitamin K: 2.34µg (2.23%), Zinc: 0.32mg (2.1%), Vitamin B5: 0.18mg (1.78%), Vitamin B12: 0.09µg (1.58%), Vitamin B6: 0.03mg (1.51%), Vitamin A: 56.61IU (1.13%)