



Pesto Sausage Biscuit Bites

 Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



220 kcal

Ingredients

- ☐ 20 ounce buttermilk biscuit dough refrigerated canned
- ☐ 10 links diestel breakfast sausage
- ☐ 5 teaspoons pesto

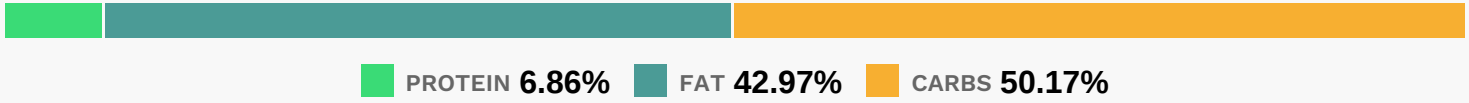
Equipment

- ☐ 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:5.9600000009751%

Nutrients (% of daily need)

Calories: 219.67kcal (10.98%), Fat: 10.55g (16.22%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 27.7g (9.23%), Net Carbohydrates: 26.92g (9.79%), Sugar: 2.05g (2.28%), Cholesterol: 1.49mg (0.5%), Sodium: 563.84mg (24.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.57%), Phosphorus: 245.16mg (24.52%), Vitamin B1: 0.24mg (16.32%), Selenium: 10.66µg (15.23%), Manganese: 0.22mg (11.12%), Iron: 1.9mg (10.54%), Folate: 39.7µg (9.92%), Vitamin B2: 0.17mg (9.81%), Vitamin B3: 1.95mg (9.74%), Vitamin E: 0.75mg (5%), Potassium: 129.49mg (3.7%), Calcium: 31.9mg (3.19%), Fiber: 0.78g (3.11%), Magnesium: 9.78mg (2.44%), Copper: 0.05mg (2.39%), Vitamin K: 2.33µg (2.22%), Zinc: 0.29mg (1.96%), Vitamin B5: 0.18mg (1.77%), Vitamin B6: 0.03mg (1.49%), Vitamin B12: 0.09µg (1.46%), Vitamin A: 52.28IU (1.05%)