



Picnic Sausage Bread

READY IN



35 min.

SERVINGS



8

CALORIES



400 kcal

Ingredients

- 1 pound sausage roll italian jimmy dean® (such as)
- 13.8 ounce pizza dough refrigerated pillsbury® (such as)
- 2 cups mozzarella cheese shredded

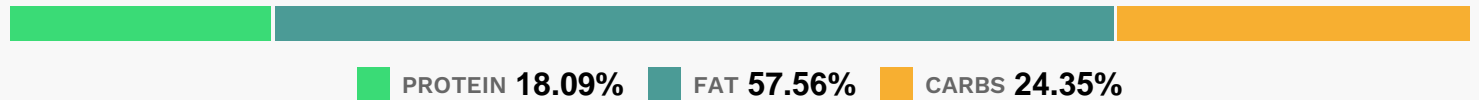
Equipment

- frying pan
- baking sheet
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cook and stir sausage in a skillet over medium heat until crumbly, evenly browned, and no longer pink, 8 to 10 minutes.
- Drain and discard any excess grease.
- Spread pizza dough evenly onto a 9x13-inch baking sheet; sprinkle with sausage and mozzarella cheese.
- Roll the dough around the sausage and mozzarella, using the method similar to rolling a cinnamon roll. Crimp the roll closed; place seam side down on baking sheet.
- Brush the roll with olive oil.
- Bake in the preheated oven until golden brown and a toothpick inserted in the center comes out clean, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:7.8765217104684%

Nutrients (% of daily need)

Calories: 400.48kcal (20.02%), Fat: 25.54g (39.29%), Saturated Fat: 10.45g (65.31%), Carbohydrates: 24.31g (8.1%), Net Carbohydrates: 23.57g (8.57%), Sugar: 3.32g (3.69%), Cholesterol: 65.21mg (21.74%), Sodium: 943.6mg (41.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.05g (36.11%), Selenium: 18.82µg (26.89%), Vitamin B1: 0.33mg (22.03%), Vitamin B12: 1.15µg (19.24%), Phosphorus: 179.63mg (17.96%), Calcium: 151.61mg (15.16%), Zinc: 1.83mg (12.22%), Iron: 2.11mg (11.74%), Vitamin B2: 0.17mg (10.26%), Vitamin B3: 1.87mg (9.36%), Vitamin B6: 0.18mg (9.02%), Potassium: 164.73mg (4.71%), Vitamin A: 189.28IU (3.79%), Magnesium: 13.54mg (3.38%), Vitamin B5: 0.33mg (3.29%), Fiber: 0.73g (2.93%), Copper: 0.05mg (2.42%), Manganese: 0.04mg (2.06%), Folate: 6.5µg (1.62%), Vitamin C: 1.13mg (1.37%)