



Pork Sausage Apple Loaf

 Gluten Free

READY IN



55 min.

SERVINGS



1

CALORIES



2569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup water
- ☐ 2.5 cups pork sausage
- ☐ 1 cup apples diced
- ☐ 0.3 cup onion chopped
- ☐ 1 cup cranberries dried
- ☐ 1 teaspoon cinnamon
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.3 teaspoon salt

- ☐ 0.8 cup mozzarella cheese shredded
- ☐ 1 serving maple syrup
- ☐ 3 cups frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Spray large baking sheet with cooking spray. In large bowl, mix water and Bisquick; knead until dough is smooth. Cover and set aside.
- ☐ In 10-inch skillet over medium-high heat, cook and stir pork sausage until no longer pink, about 4 minutes.
- ☐ Add apple and onion; cook about 1 minute.
- ☐ Drain. Return to skillet; stir in cranberries, cinnamon, nutmeg and salt.
- ☐ Place Bisquick dough on flat surface; roll the dough to rectangle, 10x14 inches. Spoon sausage mixture onto center of dough; sprinkle with cheese. Pat mixture to within 1-inch of edges of dough.
- ☐ Brush edges with water. Starting with long side, roll dough over sausage mixture forming a loaf. Pinch edges to seal.
- ☐ Place loaf on baking sheet.
- ☐ Cut 4 short slits in top of dough.
- ☐ Bake 30 to 35 minutes or until golden brown.
- ☐ Let cool 5 minutes before slicing into 8 slices.
- ☐ Serve with maple syrup, if desired.

Nutrition Facts



Properties

Glycemic Index:225.5, Glycemic Load:11.03, Inflammation Score:-7, Nutrition Score:52.393913186115%

Flavonoids

Cyanidin: 2.69mg, Cyanidin: 2.69mg, Cyanidin: 2.69mg, Cyanidin: 2.69mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 2.92mg, Myricetin: 2.92mg, Myricetin: 2.92mg, Myricetin: 2.92mg Quercetin: 18.59mg, Quercetin: 18.59mg, Quercetin: 18.59mg, Quercetin: 18.59mg

Nutrients (% of daily need)

Calories: 2568.59kcal (128.43%), Fat: 177.65g (273.31%), Saturated Fat: 63.5g (396.86%), Carbohydrates: 138.77g (46.26%), Net Carbohydrates: 127.4g (46.33%), Sugar: 115.87g (128.75%), Cholesterol: 492.22mg (164.07%), Sodium: 4888.76mg (212.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 108.98g (217.97%), Vitamin B3: 28.78mg (143.92%), Vitamin B12: 6.94µg (115.71%), Vitamin B1: 1.72mg (114.95%), Phosphorus: 1134.3mg (113.43%), Zinc: 15.74mg (104.95%), Vitamin B6: 1.99mg (99.55%), Vitamin B2: 1.29mg (76%), Manganese: 1.31mg (65.56%), Calcium: 553.81mg (55.38%), Vitamin D: 8.03µg (53.5%), Potassium: 1839.47mg (52.56%), Fiber: 11.37g (45.5%), Vitamin B5: 4.48mg (44.83%), Iron: 7.87mg (43.7%), Magnesium: 123.53mg (30.88%), Copper: 0.57mg (28.4%), Vitamin E: 4.11mg (27.39%), Selenium: 15.29µg (21.84%), Vitamin A: 1086.66IU (21.73%), Vitamin K: 17.04µg (16.23%), Vitamin C: 13.2mg (16%), Folate: 24.02µg (6.01%)