



Sage Buttermilk Biscuits with Sausage and Cheddar

READY IN



1500 min.

SERVINGS



8

CALORIES



484 kcal

SIDE DISH

Ingredients

- 2 teaspoons double-acting baking powder
- 0.8 teaspoon baking soda
- 0.8 pound sausage meat fresh
- 0.8 cup buttermilk well-shaken for brushing
- 2 cups flour all-purpose
- 2 tablespoons sage fresh finely chopped
- 0.5 teaspoon salt
- 2 ounces sharp cheddar cheese grated

- 8 ounces sharp cheddar cheese thin
- 2 teaspoons sugar
- 0.8 stick butter unsalted cold cut into pieces

Equipment

- frying pan
- baking sheet
- paper towels
- oven
- whisk
- blender

Directions

- Preheat oven to 450°F.
- Whisk together flour, sage, baking powder, sugar, baking soda, and salt. Blend in butter with your fingers or a pastry blender until mixture resembles coarse meal. Stir in grated cheese, then buttermilk, stirring until a dough forms. Gather dough into a ball and gently knead on a lightly floured surface 8 times. Pat dough into an 8- by 4-inch rectangle and cut into 8 (2-inch) squares.
- Arrange squares about 1 inch apart on a greased baking sheet and brush tops with additional buttermilk.
- Bake in middle of oven until golden brown and biscuits are cooked through, about 15 minutes. Leave oven on.
- Transfer biscuits to a rack to cool 10 minutes.
- Cut sausage crosswise into 8 equal pieces and flatten each into a 3-inch round. Cook sausage in 2 batches in a large nonstick skillet over moderate heat, turning, until cooked through, about 8 minutes per batch.
- Transfer to paper towels to drain.
- Split biscuits, then make sandwiches, each with 1 biscuit, 1 slice cheese, 1 sausage round, and another slice of cheese.
- Bake sandwiches on baking sheet in middle of oven until cheese is melted, about 10 minutes.

Nutrition Facts

PROTEIN 15.58% FAT 61.72% CARBS 22.7%

Properties

Glycemic Index:43.76, Glycemic Load:18.78, Inflammation Score:-6, Nutrition Score:17.606087041938%

Nutrients (% of daily need)

Calories: 484.07kcal (24.2%), Fat: 33.05g (50.85%), Saturated Fat: 16.5g (103.15%), Carbohydrates: 27.34g (9.11%), Net Carbohydrates: 26.39g (9.6%), Sugar: 2.3g (2.56%), Cholesterol: 91.31mg (30.44%), Sodium: 881.65mg (38.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.78g (37.55%), Copper: 4.64mg (231.97%), Calcium: 356.16mg (35.62%), Selenium: 21.57µg (30.81%), Phosphorus: 297.59mg (29.76%), Vitamin B1: 0.39mg (25.87%), Vitamin B2: 0.41mg (23.93%), Vitamin B3: 3.89mg (19.44%), Manganese: 0.37mg (18.5%), Zinc: 2.57mg (17.11%), Folate: 66.5µg (16.62%), Vitamin B12: 0.86µg (14.31%), Vitamin A: 688.83IU (13.78%), Iron: 2.27mg (12.6%), Vitamin B6: 0.18mg (8.84%), Vitamin D: 1.22µg (8.11%), Magnesium: 27.68mg (6.92%), Vitamin B5: 0.67mg (6.66%), Potassium: 205.75mg (5.88%), Vitamin E: 0.63mg (4.18%), Fiber: 0.95g (3.81%), Vitamin K: 1.92µg (1.83%)