

Sage Sausage Bread

READY IN



60 min.

SERVINGS



18

CALORIES



182 kcal

Ingredients

- 2 cups baking mix
- 1 eggs beaten
- 2 tablespoons parsley fresh chopped
- 1 jalapeno chopped
- 0.3 cup butter melted
- 0.3 cup milk
- 1 small onion chopped
- 0.3 cup parmesan cheese grated
- 0.3 teaspoon hot sauce hot
- 1 pound pork sausage

- 1 teaspoon salt
- 0.5 cup swiss cheese shredded

Equipment

- bowl
- frying pan
- oven
- baking pan
- toothpicks

Directions

- Preheat an oven to 400 degrees F (200 degrees C). Grease a 9x13 inch baking pan.
- In a large skillet over medium heat, cook and stir the sausage, onion, and jalapeno until the sausage is well browned, about 10 minutes.
- Drain; set aside to cool slightly.
- Stir together the Swiss cheese, Parmesan cheese, egg, hot sauce, and milk in a large bowl. Stir in the biscuit mix, margarine, salt, and parsley.
- Add the sausage mixture; stir until well combined.
- Pour the mixture into the prepared pan.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 35 minutes.
- Serve warm or cold.

Nutrition Facts

 PROTEIN 14.68%  FAT 64.62%  CARBS 20.7%

Properties

Glycemic Index:10.22, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:5.0765217024347%

Flavonoids

Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 182.13kcal (9.11%), Fat: 12.98g (19.97%), Saturated Fat: 4.2g (26.23%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 8.97g (3.26%), Sugar: 1.98g (2.2%), Cholesterol: 32.04mg (10.68%), Sodium: 526.27mg (22.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.28%), Phosphorus: 149.77mg (14.98%), Vitamin B1: 0.15mg (10.2%), Vitamin B3: 1.82mg (9.11%), Vitamin K: 8.5µg (8.1%), Calcium: 74.67mg (7.47%), Vitamin B2: 0.12mg (7.27%), Vitamin B12: 0.42µg (7.08%), Zinc: 0.88mg (5.87%), Vitamin B6: 0.11mg (5.3%), Folate: 20.08µg (5.02%), Vitamin A: 235.63IU (4.71%), Selenium: 3.25µg (4.64%), Iron: 0.74mg (4.12%), Vitamin B5: 0.37mg (3.7%), Potassium: 110.56mg (3.16%), Vitamin D: 0.43µg (2.89%), Manganese: 0.06mg (2.78%), Magnesium: 10mg (2.5%), Vitamin C: 2.07mg (2.5%), Copper: 0.04mg (2.18%), Vitamin E: 0.25mg (1.65%), Fiber: 0.38g (1.53%)