



Sausage-and-Cheddar Rolls

READY IN



15 min.

SERVINGS



100

CALORIES



70 kcal

BREAD

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 100 servings flour all-purpose
- ☐ 26.4 oz biscuits frozen
- ☐ 1 cup sausage crumbled cooked
- ☐ 1 cup cheddar cheese shredded

Equipment

- ☐ frying pan
- ☐ oven

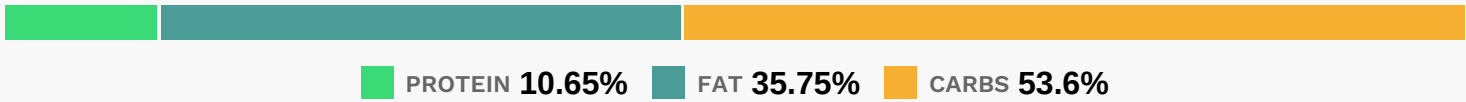
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muffin tray

Directions

- ☐ Arrange frozen biscuits, with sides touching, in 3 rows of 4 biscuits on a lightly floured surface.
- ☐ Let stand 30 to 45 minutes or until biscuits are thawed but cool to the touch.
- ☐ Sprinkle thawed biscuits lightly with flour. Press biscuit edges together, and pat to form a 10- x 12-inch rectangle of dough.
- ☐ Spread softened butter evenly over thawed dough; sprinkle evenly with cheese and sausage.
- ☐ Roll up, starting at one long end; cut into 12 (about 1-inch-thick) slices.
- ☐ Place one slice into each of 12 lightly greased 3-inch muffin pan cups.
- ☐ Bake at 375 for 20 to 25 minutes or until golden brown. Cool slightly, and remove from pan.

Nutrition Facts



Properties

Glycemic Index:2.45, Glycemic Load:6.44, Inflammation Score:-1, Nutrition Score:2.1104348128581%

Nutrients (% of daily need)

Calories: 70.49kcal (3.52%), Fat: 2.78g (4.28%), Saturated Fat: 0.91g (5.72%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 9.08g (3.3%), Sugar: 0.28g (0.32%), Cholesterol: 4.13mg (1.38%), Sodium: 96.74mg (4.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.73%), Vitamin B1: 0.1mg (6.51%), Selenium: 4.28µg (6.11%), Phosphorus: 48.79mg (4.88%), Folate: 19.24µg (4.81%), Manganese: 0.08mg (4.04%), Vitamin B3: 0.81mg (4.03%), Vitamin B2: 0.07mg (3.94%), Iron: 0.62mg (3.46%), Calcium: 13.13mg (1.31%), Zinc: 0.18mg (1.21%), Fiber: 0.3g (1.2%)