



Sausage and Cheese Crescent Squares from Pillsbury

 Gluten Free

READY IN



62 min.

SERVINGS



32

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound mild bulk pork sausage
- ☐ 8 ounce cream cheese
- ☐ 2 cups sharp cheddar cheese shredded

Equipment

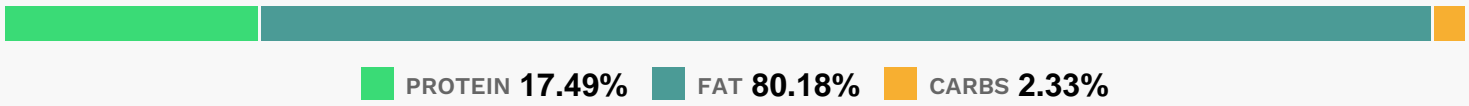
- ☐ frying pan
- ☐ oven
- ☐ baking pan

☐ glass baking pan

Directions

- ☐ Heat oven to 375 degrees F.
- ☐ If using crescent rolls: Unroll 1 can of dough into 2 long rectangles.
- ☐ Place in ungreased 13x9-inch (3-quart) glass baking dish; press over bottom and 1/2 inch up sides to form crust. If using dough sheets: Unroll 1 can of dough.
- ☐ Place in ungreased 13x9-inch (3-quart) glass baking dish; press over bottom and 1/2 inch up sides to form crust.
- ☐ In 12-inch skillet, cook sausage over medium heat, stirring frequently, until no longer pink.
- ☐ Remove sausage from skillet; discard drippings. To same skillet, add cream cheese. Cook over low heat until melted.
- ☐ Add cooked sausage; stir to coat. Spoon evenly over crust in baking dish.
- ☐ Sprinkle with cheese.
- ☐ If using crescent rolls: Unroll second can of dough on work surface. Press to form 13x9-inch rectangle; firmly press perforations to seal. Carefully place over cheese. If using dough sheets: Unroll second can of dough on work surface. Press to form 13x9-inch rectangle. Carefully place over cheese.
- ☐ Bake 21 to 26 minutes or until golden brown. Cool 15 minutes.
- ☐ Cut into small squares.

Nutrition Facts



Properties

Glycemic Index:2.56, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:2.1130434679596%

Nutrients (% of daily need)

Calories: 96.71kcal (4.84%), Fat: 8.6g (13.23%), Saturated Fat: 4.03g (25.22%), Carbohydrates: 0.56g (0.19%), Net Carbohydrates: 0.56g (0.2%), Sugar: 0.29g (0.32%), Cholesterol: 24.43mg (8.14%), Sodium: 158.59mg (6.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Phosphorus: 59.07mg (5.91%), Calcium: 58.08mg (5.81%), Zinc: 0.6mg (4.01%), Vitamin B2: 0.06mg (3.81%), Selenium: 2.61µg (3.73%), Vitamin A: 176.58IU

(3.53%), Vitamin B12: 0.21µg (3.52%), Vitamin B3: 0.68mg (3.38%), Vitamin B1: 0.04mg (2.84%), Vitamin B6: 0.05mg (2.61%), Vitamin B5: 0.16mg (1.65%), Vitamin D: 0.23µg (1.51%), Potassium: 49.95mg (1.43%), Magnesium: 4.53mg (1.13%)