



## Sausage and Cheese Fluffins

 Popular

READY IN



90 min.

SERVINGS



12

CALORIES



258 kcal

SIDE DISH

### Ingredients

- ☐ 1 tablespoon corn oil mazola®
- ☐ 2.8 cups flour all-purpose
- ☐ 1 cup mozzarella cheese cubed
- ☐ 12 servings pizza sauce
- ☐ 1 teaspoon salt
- ☐ 1.3 cups sausage crumbled cooked
- ☐ 1 teaspoon herb seasoning italian spice islands®
- ☐ 2 tablespoons sugar

- ☐ 1.3 cups very warm water (120 to 130 degrees F)
- ☐ 0.3 ounce fleischmann's® rapidrise yeast

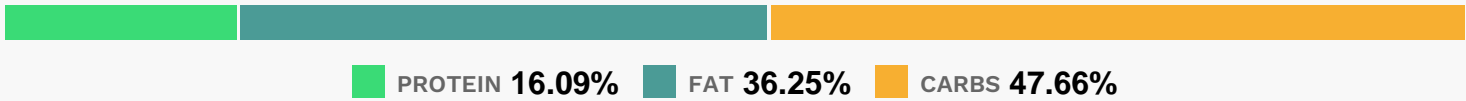
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ muffin liners

## Directions

- ☐ Combine 1-1/2 cups flour, undissolved yeast, sugar, salt and Italian herb seasoning in large mixer bowl.
- ☐ Add water and oil; beat 2 minutes on medium speed. Gradually add remaining 1-1/4 cups flour to make a stiff yet sticky dough. Stir in sausage and cheese. Cover bowl and let rest 10 minutes.
- ☐ Portion dough into 12 (2-1/2 inch) generously greased muffin cups OR 36 mini muffin cups using a scoop or two spoons (do not use paper liners). Cover and let rise 35 to 45 minutes. Dough will rise, but not double in size.
- ☐ Bake in preheated 375 degrees F oven for 20 to 25 minutes (17 to 20 minutes for minis) until well browned.
- ☐ Let cool on wire rack for 2 minutes. Run a knife around each roll to remove from pan.
- ☐ Serve warm with pizza sauce for dipping, if desired. Refrigerate any leftovers.

## Nutrition Facts



## Properties

Glycemic Index:20.84, Glycemic Load:19.37, Inflammation Score:-6, Nutrition Score:12.288260916005%

Nutrients (% of daily need)

Calories: 257.61kcal (12.88%), Fat: 10.51g (16.17%), Saturated Fat: 3.6g (22.47%), Carbohydrates: 31.09g (10.36%), Net Carbohydrates: 28.14g (10.23%), Sugar: 6.55g (7.27%), Cholesterol: 25.12mg (8.37%), Sodium: 991.93mg (43.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.49g (20.99%), Vitamin B1: 0.39mg (26.04%), Vitamin B3: 4.33mg (21.65%), Folate: 79.14µg (19.79%), Vitamin B2: 0.3mg (17.87%), Manganese: 0.35mg (17.67%), Selenium: 12.11µg (17.3%), Iron: 2.99mg (16.59%), Vitamin E: 2.09mg (13.96%), Potassium: 473.58mg (13.53%), Phosphorus: 134.69mg (13.47%), Vitamin A: 618.99IU (12.38%), Fiber: 2.94g (11.78%), Vitamin B6: 0.22mg (11.23%), Vitamin C: 8.76mg (10.62%), Copper: 0.21mg (10.44%), Zinc: 1.34mg (8.92%), Magnesium: 31.67mg (7.92%), Calcium: 78.41mg (7.84%), Vitamin B5: 0.77mg (7.66%), Vitamin B12: 0.42µg (7.04%), Vitamin K: 6.88µg (6.55%), Vitamin D: 0.36µg (2.38%)