



Sausage and Herb Mini Biscuits

 Very Healthy

READY IN



38 min.

SERVINGS



1

CALORIES



2361 kcal

Ingredients

- 1 tablespoon double-acting baking powder
- 8 ounces sausage meat
- 2 cups flour all-purpose
- 2 cups herbs: rosemary fresh such as parsley, thyme, rosemary or chives, chopped loosely packed
- 0.8 cup milk
- 0.3 teaspoon salt
- 6 tablespoons butter unsalted chilled cut into small pieces

Equipment

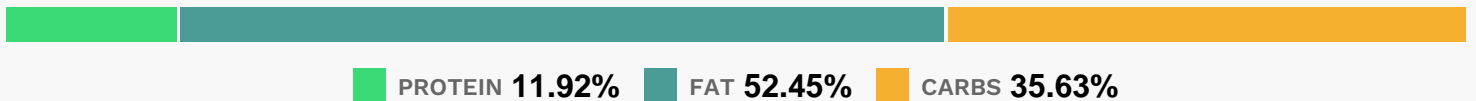
- frying pan

- baking sheet
- paper towels
- oven
- cookie cutter
- pastry cutter

Directions

- Preheat oven to 425F. Warm a skillet over medium heat.
- Add sausage; cook, breaking it into small pieces and stirring until no longer pink, 6 to 8 minutes.
- Drain on paper towels.
- Combine flour, baking powder and salt. Use a pastry cutter to cut in butter until mixture resembles coarse sand. Gently stir in sausage, milk and herbs.
- Turn dough out onto a floured countertop; roll into a large, 1/2-inch-thick circle. Use a 1 1/2-inch cookie cutter to form biscuits. Gather scraps into a ball, roll and cut again.
- Place 12 biscuits on a baking sheet.
- Bake until lightly browned, 15 to 18 minutes. Repeat with remaining biscuits.

Nutrition Facts



Properties

Glycemic Index:265, Glycemic Load:145.47, Inflammation Score:-10, Nutrition Score:71.018695582514%

Flavonoids

Apigenin: 258.55mg, Apigenin: 258.55mg, Apigenin: 258.55mg, Apigenin: 258.55mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 17.81mg, Myricetin: 17.81mg, Myricetin: 17.81mg, Myricetin: 17.81mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 2361.1kcal (118.06%), Fat: 137.56g (211.62%), Saturated Fat: 67.05g (419.05%), Carbohydrates: 210.29g (70.1%), Net Carbohydrates: 199.56g (72.57%), Sugar: 10.55g (11.72%), Cholesterol: 365.85mg (121.95%), Sodium:

3446.77mg (149.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.33g (140.66%), Vitamin K: 1976.09µg (1881.99%), Vitamin A: 12674.52IU (253.49%), Vitamin C: 161.19mg (195.38%), Vitamin B1: 2.8mg (186.4%), Folate: 644.69µg (161.17%), Vitamin B3: 27.23mg (136.13%), Selenium: 89.21µg (127.45%), Iron: 22.9mg (127.23%), Calcium: 1174.24mg (117.42%), Vitamin B2: 1.91mg (112.38%), Phosphorus: 1113.68mg (111.37%), Manganese: 1.92mg (96.09%), Zinc: 8.78mg (58.56%), Vitamin B6: 1.03mg (51.31%), Potassium: 1791.93mg (51.2%), Vitamin B12: 3.06µg (50.98%), Magnesium: 173.65mg (43.41%), Fiber: 10.73g (42.94%), Vitamin D: 6.22µg (41.48%), Vitamin B5: 3.87mg (38.72%), Copper: 0.71mg (35.27%), Vitamin E: 3.52mg (23.47%)