



Sausage Bread

READY IN



45 min.

SERVINGS



6

CALORIES



452 kcal

Ingredients

- 11 oz bread dough refrigerated french canned
- 1 lb sausage meat hot
- 1.5 cups pizza cheese blend shredded

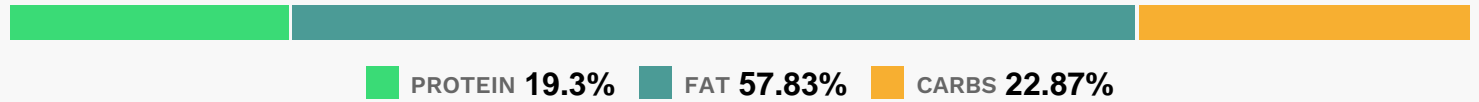
Equipment

- frying pan
- baking sheet
- paper towels
- oven
- knife

Directions

- Cook sausage in a large nonstick skillet over medium-high heat, stirring until sausage crumbles and is no longer pink.
- Remove from pan; drain well, pressing between paper towels.
- Unroll dough into a rectangular shape on a lightly greased baking sheet; sprinkle evenly with sausage and cheese. Beginning with 1 long side, roll up, jelly-roll fashion. Turn, seam side down, on baking sheet, and pinch ends to secure filling inside.
- Cut 3 (1/4-inch-deep) slits across top of dough with a sharp paring knife.
- Bake at 350 for 30 minutes or until browned.
- Remove from oven; let stand 10 minutes before slicing.
- Note: For testing purposes only, we used Pillsbury Crusty French Loaf.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:5.2613043616647%

Nutrients (% of daily need)

Calories: 452.1kcal (22.61%), Fat: 28.58g (43.97%), Saturated Fat: 7.77g (48.56%), Carbohydrates: 25.42g (8.47%), Net Carbohydrates: 24.41g (8.88%), Sugar: 0g (0%), Cholesterol: 60.03mg (20.01%), Sodium: 778.45mg (33.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.46g (42.92%), Vitamin B3: 3.56mg (17.78%), Vitamin B1: 0.21mg (13.86%), Vitamin B6: 0.23mg (11.57%), Zinc: 1.64mg (10.94%), Vitamin B12: 0.64µg (10.71%), Phosphorus: 102.06mg (10.21%), Vitamin D: 0.98µg (6.55%), Calcium: 62.8mg (6.28%), Vitamin B2: 0.09mg (5.43%), Potassium: 187.48mg (5.36%), Vitamin B5: 0.51mg (5.07%), Iron: 0.84mg (4.66%), Fiber: 1.01g (4.05%), Magnesium: 10.58mg (2.65%), Copper: 0.05mg (2.49%), Vitamin A: 56.7IU (1.13%)