



Sausage Bread

READY IN



45 min.

SERVINGS



16

CALORIES



571 kcal

Ingredients

- 16 ounce bread roll mix hot
- 1 teaspoon onion dried minced
- 1.5 teaspoons parsley dried
- 2 eggs beaten
- 2 teaspoons garlic powder
- 0.5 teaspoon oregano dried
- 5 tablespoons parmesan cheese grated
- 16 ounce pepperoni finely chopped
- 2 pounds pork sausage
- 2 cups cheddar cheese shredded

- 3 cups mozzarella cheese shredded

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- toothpicks

Directions

- Prepare roll mix according to package directions, letting rise only once, about 1 hour.
- Preheat oven to 350 degrees F (175 degrees C). Line a large baking sheet with parchment paper.
- In a large skillet brown the pork sausage and pepperoni and drain well.
- In a large bowl, combine the cooked sausage mixture, parmesan cheese, mozzarella cheese, cheddar cheese, 2 beaten eggs, parsley flakes, garlic powder, MSG powder, onion flakes, and oregano. Stir until well combined.
- Divide the risen dough in two. On a floured board roll out one half to a rectangle about 1 inch thick.
- Spread 1/2 of the filling over the rectangle. Starting at the wide end roll two times then fold in the sides. Continue rolling until the end, making sure the seal is on top. Repeat with remaining half.
- Place rolls on the prepared baking sheet.
- Brush generously with beaten egg. Use toothpicks to help hold the seam shut.
- Bake at 350 degrees F (175 degrees C) for 1 hour.

Nutrition Facts

 PROTEIN 17.79%  FAT 66.91%  CARBS 15.3%

Properties

Glycemic Index:7.5, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:14.542608875295%

Flavonoids

Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 571.33kcal (28.57%), Fat: 42.09g (64.75%), Saturated Fat: 16.77g (104.82%), Carbohydrates: 21.65g (7.22%), Net Carbohydrates: 19.72g (7.17%), Sugar: 6.18g (6.86%), Cholesterol: 121.42mg (40.47%), Sodium: 1299.69mg (56.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.18g (50.37%), Phosphorus: 422.41mg (42.24%), Selenium: 19.72µg (28.17%), Vitamin B12: 1.57µg (26.24%), Vitamin B3: 5.07mg (25.37%), Calcium: 251.65mg (25.16%), Vitamin B1: 0.37mg (24.67%), Zinc: 3.37mg (22.49%), Vitamin B2: 0.37mg (21.93%), Vitamin B6: 0.35mg (17.62%), Manganese: 0.28mg (14.17%), Iron: 1.98mg (11.02%), Vitamin B5: 1.04mg (10.37%), Vitamin D: 1.39µg (9.28%), Folate: 36.32µg (9.08%), Potassium: 298.14mg (8.52%), Vitamin A: 403.13IU (8.06%), Fiber: 1.93g (7.74%), Magnesium: 29.84mg (7.46%), Copper: 0.1mg (5.13%), Vitamin E: 0.67mg (4.48%), Vitamin K: 4.68µg (4.46%)