



## Sausage Bread Brunch Sandwich

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



1199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 asparagus spears trimmed cut in thirds on the bias
- 2 tablespoons canola oil
- 0.5 cup crème fraîche
- 1 tablespoon dijon mustard
- 4 eggs
- 0.3 cup chives fresh chopped
- 1 tablespoon parsley fresh chopped
- 1 pound sausages sweet italian

- 0.5 juice of lemon
- 4 servings kosher salt and pepper
- 2 tablespoons olive oil plus more for brushing
- 4 servings olive oil for drizzling
- 4 ounces pepperoni cut into squares
- 4 ounces genoa salami thinly sliced cut into squares
- 8 ounces mozzarella cheese shredded

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- slotted spoon

## Directions

- For the asparagus: Preheat the oven to 400 degrees F.
- Place the asparagus on a baking sheet, drizzle with olive oil and sprinkle with salt and pepper. Roast the asparagus until tender but not brown, about 10 minutes. Set aside.
- Whisk the creme fraiche, chives, mustard, parsley and lemon juice in a bowl until incorporated.
- Sprinkle with salt and pepper and reserve.
- For the sandwich build: Warm the Grandma Kay's Sausage Bread in a medium nonstick skillet over medium heat.
- Transfer the bread to a plate and place a couple of asparagus on top.
- Add the canola oil to the same skillet and fry the eggs sunny-side up, covering with a bowl to cook evenly.
- Place each egg on top of the asparagus and serve with a side of the citrus herb sauce. Give a bite to your grandma and hope she approves.

- Preheat the oven to 340 degrees F.
- Add the olive oil to a medium saute pan over medium-high heat and cook the sausages until brown, 12 to 15 minutes. Cool the sausage, transfer to a bowl with a slotted spoon and mix with the pepperoni and salami.
- Mix in the mozzarella with your hands.
- Roll out the dough into 2 long ovals. Slice the end pieces off the dough to save for later to make mini sausage breads.
- Brush the top and bottom of the dough with olive oil and divide the sausage mixture between the 2 loaves. Fold the dough over like a calzone and poke holes along the sides to release the steam with a fork.
- Bake until light brown on top, 20 to 25 minutes.

## Nutrition Facts

■ **PROTEIN 15.99%**
■ **FAT 81.91%**
■ **CARBS 2.1%**

### Properties

Glycemic Index:63, Glycemic Load:0.99, Inflammation Score:-7, Nutrition Score:33.266521609348%

### Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

### Nutrients (% of daily need)

Calories: 1198.71kcal (59.94%), Fat: 108.85g (167.46%), Saturated Fat: 36.35g (227.18%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 5.35g (1.94%), Sugar: 2.53g (2.81%), Cholesterol: 361.51mg (120.5%), Sodium: 2581.23mg (112.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.81g (95.61%), Selenium: 69.79µg (99.71%), Vitamin B1: 1.08mg (72.1%), Vitamin B12: 3.94µg (65.65%), Phosphorus: 603.44mg (60.34%), Vitamin K: 56.24µg (53.56%), Vitamin B2: 0.82mg (48.16%), Zinc: 6.45mg (43.03%), Calcium: 383.77mg (38.38%), Vitamin E: 5.61mg (37.42%), Vitamin B6: 0.74mg (37.2%), Vitamin B3: 7.17mg (35.87%), Vitamin A: 1237.87IU (24.76%), Iron: 4.09mg (22.73%), Vitamin B5: 2.18mg (21.81%), Potassium: 698.8mg (19.97%), Manganese: 0.36mg (18.24%), Folate: 59.23µg (14.81%), Copper: 0.27mg (13.72%), Magnesium: 54.77mg (13.69%), Vitamin C: 8.57mg (10.38%), Vitamin D: 1.48µg (9.84%),

Fiber: 0.94g (3.76%)