



Sausage Bread from Bob Evans®

READY IN



50 min.

SERVINGS



8

CALORIES



427 kcal

Ingredients

- ☐ 1 pound bread dough frozen room temperature
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 pound 1 pound bob evans® zesty hot roll sausage hot bob evans®
- ☐ 0.3 teaspoon marjoram
- ☐ 0.5 cup onion diced
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 bell pepper diced green red
- ☐ 2 cups cheddar cheese shredded
- ☐ 0.3 teaspoon thyme leaves

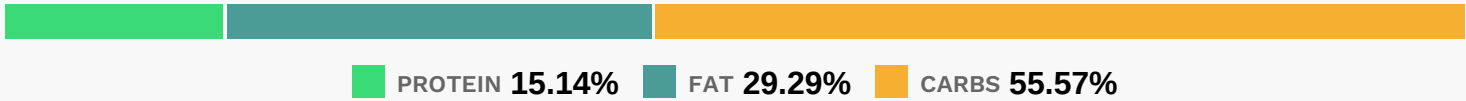
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 F.
- ☐ Place bread dough on a greased baking sheet and gently press to cover bottom of pan.
- ☐ Let rest. In large skillet over medium heat, crumble and cook sausage until browned.
- ☐ Add pepper and onion and cook until tender, about 5 minutes.
- ☐ Remove from heat and cool 20 minutes.
- ☐ Stir in cheese and remaining ingredients. Spoon the mixture down the center of the bread dough. Gently pull up both sides of dough to enclose the sausage and pinch to seal edges shut.
- ☐ Brush the top with oil and sprinkle with some extra spice if desired.
- ☐ Bake for 30 to 35 minutes or until bread is browned.
- ☐ Cut into 2 inch slices to serve.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:17.57, Inflammation Score:-7, Nutrition Score:12.215652180755%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 426.78kcal (21.34%), Fat: 13.55g (20.84%), Saturated Fat: 5.92g (36.98%), Carbohydrates: 57.83g (19.28%), Net Carbohydrates: 55.14g (20.05%), Sugar: 5.28g (5.87%), Cholesterol: 28.25mg (9.42%), Sodium: 732.66mg (31.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.75g (31.51%), Selenium: 23.53µg (33.62%), Calcium: 287.17mg (28.72%), Vitamin C: 20.62mg (25%), Vitamin B1: 0.33mg (21.99%), Phosphorus: 194.46mg (19.45%), Vitamin B2: 0.31mg (18.21%), Manganese: 0.36mg (17.76%), Folate: 68.39µg (17.1%), Vitamin A: 754.92IU (15.1%), Vitamin B3: 2.55mg (12.75%), Iron: 2.14mg (11.92%), Fiber: 2.69g (10.75%), Zinc: 1.52mg (10.1%), Vitamin B12: 0.41µg (6.88%), Magnesium: 24.05mg (6.01%), Vitamin B6: 0.12mg (5.76%), Vitamin K: 4.97µg (4.73%), Vitamin E: 0.63mg (4.17%), Potassium: 141.15mg (4.03%), Copper: 0.08mg (3.99%), Vitamin B5: 0.18mg (1.79%), Vitamin D: 0.17µg (1.13%)