



Sausage, Cheddar and Rosemary Buns

READY IN



40 min.

SERVINGS



8

CALORIES



422 kcal

Ingredients

- 12 ounces diestel breakfast sausage
- 0.3 cup cheddar cheese grated
- 1 eggs beaten
- 1 teaspoon rosemary leaves fresh finely chopped
- 8 servings olive oil
- 1 pound pizza dough homemade store bought (or)
- 0.5 cup spring onion sliced

Equipment

- frying pan

oven

Directions

- Adjust oven rack to middle position and preheat to 375°F.
- Brush an 8- by 11-inch pyrex dish with olive oil. Cook sausage in a skillet over medium high heat until sausage is brown and cooked through, about 5 minutes.
- Add scallions and continue to cook for 1 minute.
- Add rosemary and remove from heat.
- Roll pizza dough into a 10- by 8-inch rectangle and brush edges with beaten egg. Scatter sausage mixture over dough the sprinkle with cheese and roll lengthwise into a cylinder.
- Cut into 8 evenly sized disks, place in prepared pan cut-sides-up, and brush with remaining egg wash. Set aside and allow to rise until puffy, about 30 minutes.
- Bake for buns are browned and cooked through, about 18 minutes. Allow to cool for 5 minutes before serving.

Nutrition Facts

 PROTEIN **11.97%**  FAT **61.93%**  CARBS **26.1%**

Properties

Glycemic Index:10.88, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:6.1847825750061%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 421.6kcal (21.08%), Fat: 29.18g (44.89%), Saturated Fat: 7.19g (44.92%), Carbohydrates: 27.66g (9.22%), Net Carbohydrates: 26.65g (9.69%), Sugar: 3.7g (4.11%), Cholesterol: 55.79mg (18.6%), Sodium: 720.27mg (31.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.69g (25.38%), Vitamin K: 21.67µg (20.63%), Vitamin E: 2.22mg (14.83%), Iron: 2.28mg (12.66%), Vitamin B3: 2.04mg (10.2%), Phosphorus: 92.18mg (9.22%), Vitamin B1: 0.12mg (8.26%), Zinc: 1.19mg (7.94%), Vitamin B12: 0.46µg (7.67%), Vitamin B6: 0.15mg (7.33%), Vitamin B2: 0.1mg (6.05%), Vitamin D: 0.69µg (4.61%), Calcium: 44.87mg (4.49%), Selenium: 3.06µg (4.37%), Fiber: 1.01g (4.06%), Vitamin B5: 0.39mg (3.94%), Potassium: 134.15mg (3.83%), Vitamin A: 171.45IU (3.43%), Magnesium: 9.15mg (2.29%), Folate: 8.01µg (2%), Copper: 0.04mg (1.94%), Vitamin C: 1.48mg (1.79%)