



## Sausage-Cranberry Biscuit

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



468 kcal

### Ingredients

- 1 biscuits
- 1 serving sage fresh
- 1 sausage
- 1 serving roasted cranberry sauce

### Equipment

### Directions

- Place sausage patty, cranberry sauce, and fresh sage on an Angel Biscuit.

# Nutrition Facts

PROTEIN 12.88% FAT 51.91% CARBS 35.21%

## Properties

Glycemic Index:93, Glycemic Load:8.28, Inflammation Score:-2, Nutrition Score:9.319565265075%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

## Nutrients (% of daily need)

Calories: 468.31kcal (23.42%), Fat: 27.11g (41.71%), Saturated Fat: 8.15g (50.97%), Carbohydrates: 41.38g (13.79%), Net Carbohydrates: 40.26g (14.64%), Sugar: 23.2g (25.78%), Cholesterol: 61.47mg (20.49%), Sodium: 798.44mg (34.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.13g (30.26%), Vitamin B3: 4.97mg (24.86%), Vitamin B1: 0.36mg (23.98%), Phosphorus: 233.66mg (23.37%), Vitamin B6: 0.28mg (14.13%), Zinc: 2mg (13.31%), Vitamin B12: 0.76µg (12.67%), Iron: 2.13mg (11.81%), Vitamin B2: 0.2mg (11.61%), Copper: 0.22mg (10.99%), Potassium: 291.05mg (8.32%), Manganese: 0.16mg (7.81%), Vitamin E: 1.17mg (7.79%), Selenium: 5.36µg (7.65%), Vitamin D: 1.11µg (7.37%), Vitamin B5: 0.65mg (6.51%), Folate: 20.45µg (5.11%), Fiber: 1.12g (4.5%), Magnesium: 17.96mg (4.49%), Calcium: 23.25mg (2.32%), Vitamin K: 2.43µg (2.31%), Vitamin A: 93.69IU (1.87%), Vitamin C: 1.29mg (1.57%)