



Sausage Crescent Rolls

READY IN



50 min.

SERVINGS



20

CALORIES



191 kcal

Ingredients

- ☐ 8 ounce cream cheese
- ☐ 1 egg white lightly beaten
- ☐ 1 pound ground spicy pork sausage fresh
- ☐ 1 tablespoon poppy seeds
- ☐ 16 ounce crescent rolls refrigerated

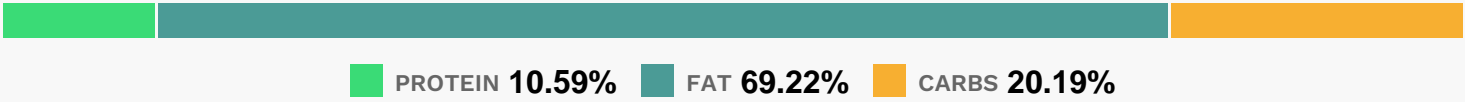
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium skillet, lightly brown sausage and drain. While sausage is still hot, add cream cheese and stir until cheese is melted and mixture is creamy. Cool completely.
- ☐ Separate crescent rolls and arrange into two rectangles. Form log of sausage mixture lengthwise down center of each rectangle. Fold over the long sides of pastry to cover sausage log.
- ☐ Place on ungreased cookie sheet, seam down.
- ☐ Brush with egg white and sprinkle with poppy seeds.
- ☐ Bake 20 minutes until crust is golden. When completely cooled, slice into one and one-half inch slices.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:2.3147826201242%

Nutrients (% of daily need)

Calories: 191.16kcal (9.56%), Fat: 14.98g (23.05%), Saturated Fat: 6.35g (39.67%), Carbohydrates: 9.84g (3.28%), Net Carbohydrates: 9.75g (3.54%), Sugar: 2.72g (3.02%), Cholesterol: 27.78mg (9.26%), Sodium: 360.49mg (15.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Vitamin B3: 1.08mg (5.41%), Phosphorus: 46.89mg (4.69%), Vitamin B1: 0.07mg (4.59%), Zinc: 0.58mg (3.9%), Vitamin B6: 0.08mg (3.85%), Vitamin B12: 0.22µg (3.65%), Vitamin B2: 0.06mg (3.58%), Vitamin A: 169.3IU (3.39%), Iron: 0.6mg (3.31%), Vitamin B5: 0.22mg (2.21%), Potassium: 76.89mg (2.2%), Vitamin D: 0.29µg (1.97%), Calcium: 19.62mg (1.96%), Selenium: 1.34µg (1.91%), Manganese: 0.03mg (1.64%), Magnesium: 5.92mg (1.48%), Copper: 0.02mg (1.23%)