

Sausage Croissants

READY IN



35 min.

SERVINGS



32

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 32 ounce crescent roll dough divided
- ☐ 2 jalapeño peppers seeded finely chopped
- ☐ 1 onion finely chopped
- ☐ 2 pounds pork sausage jimmy dean® (such as)

Equipment

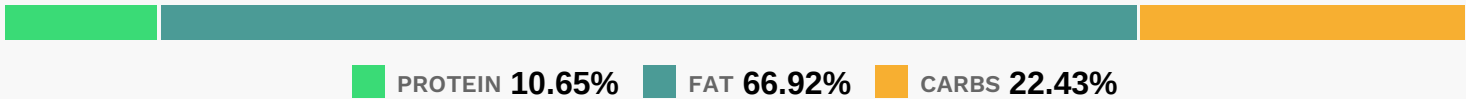
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cook and stir sausage in a skillet over medium-high heat until browned, about 8 minutes.
- ☐ Drain.
- ☐ Mix sausage, onion, cream cheese, and jalapeno peppers together in a bowl until well combined. Spoon about 1 tablespoon sausage mixture onto each crescent dough triangle; fold corners around sausage and roll up into a crescent, ending at the tip of the triangle.
- ☐ Place rolls on baking sheets.
- ☐ Bake in preheated oven until rolls are golden brown, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:2.4304347789806%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 211.84kcal (10.59%), Fat: 16.06g (24.71%), Saturated Fat: 6.48g (40.49%), Carbohydrates: 12.11g (4.04%), Net Carbohydrates: 12.03g (4.37%), Sugar: 3.28g (3.65%), Cholesterol: 27.57mg (9.19%), Sodium: 425.26mg (18.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.5%), Vitamin B3: 1.35mg (6.77%), Vitamin B1: 0.08mg (5.43%), Vitamin B6: 0.1mg (4.93%), Phosphorus: 47.08mg (4.71%), Zinc: 0.66mg (4.38%), Vitamin B12: 0.26µg (4.28%), Iron: 0.69mg (3.83%), Vitamin B2: 0.05mg (3.08%), Vitamin A: 125.95IU (2.52%), Potassium: 86.85mg (2.48%), Vitamin D: 0.37µg (2.46%), Vitamin B5: 0.24mg (2.38%), Vitamin C: 1.49mg (1.81%), Magnesium: 5.08mg (1.27%), Copper: 0.02mg (1.09%), Calcium: 10.32mg (1.03%)