



Sausage In Brioche

READY IN



45 min.

SERVINGS



8

CALORIES



113 kcal

SIDE DISH

Ingredients

- 1 serving hermann-grima brioche dough
- 1 egg yolk beaten
- 2 teaspoons milk
- 0.5 pound kielbasa sausage link smoked cooked (6 to 7 inches long)

Equipment

- frying pan
- oven
- wire rack

loaf pan

Directions

Roll dough into an 11- x 8- inch rectangle.

Place sausage on short end of dough; roll up jellyroll fashion. Pinch seams and ends together to seal.

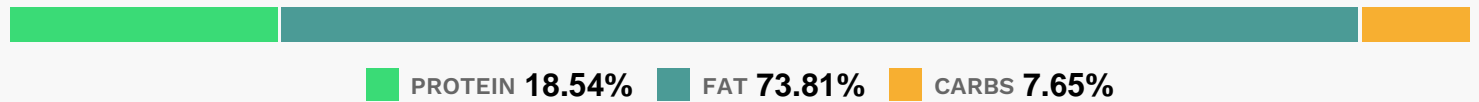
Place roll, seam side down, in a greased 8 1/2- x 4 1/2- x 3-inch loaf pan. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.

Combine egg yolk and milk; stir well. Gently brush mixture over top of loaf.

Bake at 350 for 45 minutes or until loaf sounds hollow when tapped.

Remove bread from pan; cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.3160869479179%

Nutrients (% of daily need)

Calories: 112.95kcal (5.65%), Fat: 9.16g (14.09%), Saturated Fat: 3.3g (20.6%), Carbohydrates: 2.14g (0.71%), Net Carbohydrates: 2.14g (0.78%), Sugar: 0.07g (0.08%), Cholesterol: 52.34mg (17.45%), Sodium: 201.85mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.35%), Vitamin B3: 1.34mg (6.68%), Vitamin B1: 0.08mg (5.51%), Vitamin B12: 0.29µg (4.86%), Phosphorus: 48.31mg (4.83%), Vitamin B6: 0.1mg (4.77%), Zinc: 0.67mg (4.48%), Vitamin D: 0.5µg (3.36%), Vitamin B2: 0.05mg (2.83%), Vitamin B5: 0.26mg (2.62%), Iron: 0.42mg (2.33%), Potassium: 74.63mg (2.13%), Vitamin A: 93.23IU (1.86%), Selenium: 1.28µg (1.83%), Magnesium: 4.23mg (1.06%), Copper: 0.02mg (1.02%)