

food
network



HEALTH SCORE

53%

Savory Meat Roll

READY IN



95 min.

SERVINGS



7

CALORIES



1700 kcal

BREAD

Ingredients

- ☐ 0.5 cup asiago grated
- ☐ 1 cup asiago grated
- ☐ 2 cups asiago grated
- ☐ 3 tablespoons double-acting baking powder
- ☐ 1 stick butter cold cubed
- ☐ 1 stick butter softened
- ☐ 10 button mushrooms sliced
- ☐ 0.5 cup cashew pieces
- ☐ 5 cups flour all-purpose plus more for surface and kneading

- ☐ 2 cups basil fresh packed
- ☐ 4 garlic cloves
- ☐ 2 teaspoons sea salt
- ☐ 1 bell pepper diced green
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 7 servings juice of lemon fresh to taste
- ☐ 2 cups milk
- ☐ 0.5 cup olive oil
- ☐ 0.5 onion diced
- ☐ 1 bell pepper diced red
- ☐ 6 roma tomatoes diced
- ☐ 0.5 teaspoon salt
- ☐ 7 servings salt
- ☐ 3 pounds country sausage
- ☐ 1 cup mozzarella cheese shredded
- ☐ 2 cups mozzarella cheese shredded
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 400 degrees F.

- ☐ Place all the ingredients in a food processor and process until mixture turns into a smooth paste. Set aside.
- ☐ To make the filling: In a saute pan over medium heat, add oil and then the sausage.
- ☐ Saute the sausage, breaking it up with a spoon, until it cooks through and it turns golden brown. Cool slightly and drain the fat. Set sausage aside in a bowl. Keep mozzarella and Asiago cheese on standby.
- ☐ Heat a large saute pan with oil, add the peppers, onion, granulated garlic and Italian seasoning. Cook until vegetables are tender, about 10 minutes. Stir in the tomatoes and mushrooms and cook another 5 minutes. Don't overcook the tomatoes. They should retain their shape. Set aside.
- ☐ To make the biscuit dough: In a large bowl, mix together the flour, baking powder and salt.
- ☐ Add the butter and with your fingertips or with a pastry blender blend together until the mixture resembles coarse meal. Stir in milk, using a fork, until the dough comes together.
- ☐ Sprinkle flour on a clean work surface, remove the dough from the bowl and knead several times on the floured surface.
- ☐ Add small amounts of flour, as needed, so that dough will be easy to roll out.
- ☐ Roll the dough out to roughly 15-inches in diameter.
- ☐ Sprinkle the top of the dough evenly with the sausage and top with the mozzarella and Asiago.
- ☐ Roll the dough into a log.
- ☐ Cut the ends off to create even edges then cut the log into 7 or 8 pieces, depending on the length of the roll.
- ☐ Place slices on a baking sheet and press the tops down.
- ☐ Put the ends on the baking sheet and press those tops down.
- ☐ Bake 20 to 30 minutes until biscuits turn golden.
- ☐ Transfer the rolls to a serving platter.
- ☐ Serve topped with the sauteed vegetables and sprinkled with remaining cheese.
- ☐ This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The FN chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:106.03, Glycemic Load:54.6, Inflammation Score:-10, Nutrition Score:54.056956664376%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 1700.36kcal (85.02%), Fat: 117.87g (181.34%), Saturated Fat: 51.75g (323.45%), Carbohydrates: 86.62g (28.87%), Net Carbohydrates: 81.69g (29.7%), Sugar: 8.93g (9.92%), Cholesterol: 289.67mg (96.56%), Sodium: 3487.37mg (151.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73.64g (147.27%), Calcium: 1301.45mg (130.15%), Phosphorus: 1180.75mg (118.07%), Vitamin B1: 1.43mg (95.23%), Vitamin B3: 16.51mg (82.55%), Selenium: 56.39µg (80.56%), Vitamin B2: 1.25mg (73.67%), Vitamin C: 52.89mg (64.11%), Vitamin A: 3191.03IU (63.82%), Vitamin B12: 3.79µg (63.16%), Zinc: 8.91mg (59.4%), Vitamin K: 59.55µg (56.71%), Manganese: 1.07mg (53.49%), Folate: 208.78µg (52.2%), Iron: 9.08mg (50.46%), Vitamin B6: 1.01mg (50.37%), Magnesium: 136.64mg (34.16%), Potassium: 1188.26mg (33.95%), Copper: 0.66mg (33.17%), Vitamin B5: 2.98mg (29.76%), Vitamin D: 3.79µg (25.29%), Vitamin E: 3.22mg (21.49%), Fiber: 4.94g (19.76%)