

Savory Sausage Bread

READY IN



40 min.

SERVINGS



8

CALORIES



541 kcal

Ingredients

- 3 cups baking mix
- 1 pound sausage meat cooked drained
- 2 tablespoons butter melted
- 2 eggs
- 1 cup milk
- 2 tablespoons onion finely chopped
- 8 ounces cheddar cheese shredded divided

Equipment

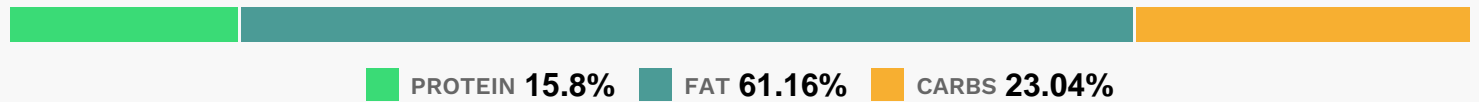
- bowl

- oven
- baking pan

Directions

- In a large bowl, combine the eggs and milk.
- Add the sausage, biscuit mix, 1 cup cheese and onion; stir just until blended. Spoon into two greased 9-in. round baking pans.
- Sprinkle with the remaining cheese.
- Drizzle with butter.
- Bake at 350° for 25–30 minutes or until golden brown.
- Cut into wedges; serve warm.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:0.78, Inflammation Score:-5, Nutrition Score:15.094347865685%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 540.76kcal (27.04%), Fat: 36.47g (56.11%), Saturated Fat: 14.93g (93.29%), Carbohydrates: 30.92g (10.31%), Net Carbohydrates: 29.93g (10.88%), Sugar: 6.95g (7.72%), Cholesterol: 122.18mg (40.73%), Sodium: 1170.03mg (50.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.2g (42.41%), Phosphorus: 523.78mg (52.38%), Calcium: 331.17mg (33.12%), Vitamin B1: 0.45mg (29.71%), Vitamin B2: 0.49mg (28.53%), Vitamin B3: 4.77mg (23.85%), Selenium: 15.4µg (22%), Vitamin B12: 1.23µg (20.44%), Zinc: 2.82mg (18.77%), Folate: 68.52µg (17.13%), Vitamin B6: 0.27mg (13.38%), Vitamin B5: 1.18mg (11.85%), Iron: 2.12mg (11.78%), Vitamin A: 524.71IU (10.49%), Vitamin D: 1.46µg (9.75%), Potassium: 301.21mg (8.61%), Manganese: 0.17mg (8.31%), Magnesium: 32.14mg (8.04%), Copper: 0.13mg (6.26%), Vitamin K: 4.21µg (4.01%), Fiber: 0.99g (3.95%), Vitamin E: 0.59mg (3.94%)