



Savory Sausage Breakfast Rolls

READY IN



45 min.

SERVINGS



6

CALORIES



340 kcal

Ingredients

- ☐ 11 ounce bread dough refrigerated french canned
- ☐ 2 tablespoons butter melted
- ☐ 2 teaspoons sage fresh chopped
- ☐ 3 ounces gruyere cheese shredded
- ☐ 8 ounces pork sausage crumbled cooked reduced-fat (such as Jimmy Dean)
- ☐ 0.3 teaspoon salt

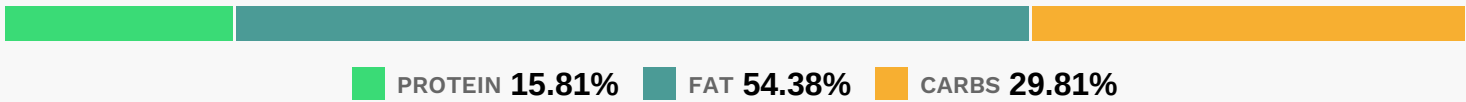
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Find lengthwise seam in dough. Beginning at seam, gently unroll dough into a rectangle on a lightly floured surface.
- ☐ Roll dough into a 13 x 8-inch rectangle; brush with butter, leaving a 1/2-inch border.
- ☐ Combine sage, salt, and sausage.
- ☐ Sprinkle sausage mixture evenly over dough, leaving a 1/2-inch border; top with cheese. Starting with a long side, roll dough up, jelly-roll fashion; press seam to seal (do not seal ends of roll).
- ☐ Cut 1 (1/2-inch-thick) crosswise slice from each end; discard. Slice roll crosswise into 12 (1/2-inch-thick) pieces; arrange in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Bake at 350 for 28 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:9.1882609115994%

Nutrients (% of daily need)

Calories: 340.29kcal (17.01%), Fat: 19.95g (30.69%), Saturated Fat: 8.42g (52.63%), Carbohydrates: 24.61g (8.2%), Net Carbohydrates: 23.55g (8.56%), Sugar: 0.05g (0.06%), Cholesterol: 52.84mg (17.61%), Sodium: 712.99mg (31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.05g (26.09%), Copper: 2.05mg (102.52%), Calcium: 152.12mg (15.21%), Phosphorus: 138.15mg (13.82%), Zinc: 1.39mg (9.27%), Vitamin B12: 0.56µg (9.27%), Vitamin B3: 1.79mg (8.97%), Vitamin B1: 0.11mg (7.64%), Vitamin B6: 0.13mg (6.36%), Vitamin A: 279.35IU (5.59%), Vitamin B2: 0.09mg (5.18%), Fiber: 1.06g (4.25%), Vitamin D: 0.58µg (3.84%), Manganese: 0.07mg (3.54%), Vitamin B5: 0.34mg (3.38%), Potassium: 109.21mg (3.12%), Selenium: 2.1µg (3%), Magnesium: 11.62mg (2.91%), Iron: 0.52mg (2.89%), Vitamin E: 0.22mg (1.47%)