



Simple Sausage Casserole

READY IN



25 min.

SERVINGS



6

CALORIES



627 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound sausage meat
- 8 ounces cream cheese softened
- 16 ounce regular crescent rolls refrigerated canned

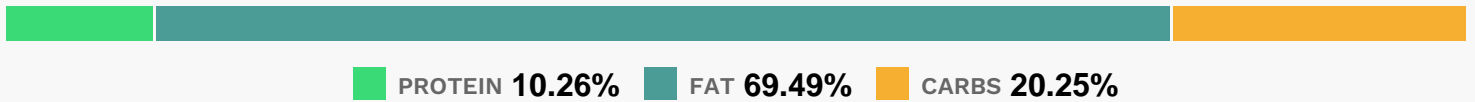
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease the bottom of a 9x11 inch baking dish.
- Cook the sausage in a skillet over medium heat until crumbly and beginning to brown; drain. Stir the cream cheese into the cooked sausage.
- Roll the dough from one can of crescent rolls into the bottom of the prepared baking dish without separating.
- Bake in the preheated oven for 5 minutes.
- Spread the sausage mixture over the baked crescent rolls; top the sausage mixture with the remaining can of rolls. Return to oven and bake until the top layer is golden brown, about 8 minutes.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:6.8560869810374%

Nutrients (% of daily need)

Calories: 626.71kcal (31.34%), Fat: 49.31g (75.87%), Saturated Fat: 21.09g (131.81%), Carbohydrates: 32.33g (10.78%), Net Carbohydrates: 32.33g (11.75%), Sugar: 8.98g (9.98%), Cholesterol: 92.61mg (30.87%), Sodium: 1192.95mg (51.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.38g (32.76%), Vitamin B3: 3.59mg (17.95%), Vitamin B1: 0.22mg (14.44%), Phosphorus: 142.5mg (14.25%), Vitamin B6: 0.25mg (12.62%), Zinc: 1.83mg (12.2%), Vitamin B12: 0.73µg (12.1%), Vitamin A: 564.34IU (11.29%), Vitamin B2: 0.18mg (10.54%), Iron: 1.83mg (10.18%), Vitamin B5: 0.72mg (7.23%), Potassium: 237.38mg (6.78%), Vitamin D: 0.98µg (6.55%), Selenium: 3.25µg (4.64%), Calcium: 43.47mg (4.35%), Magnesium: 13.99mg (3.5%), Vitamin E: 0.47mg (3.12%), Copper: 0.06mg (2.83%), Folate: 4.16µg (1.04%), Vitamin K: 1.1µg (1.04%)