



Southwestern Pull-Apart Ring

READY IN



45 min.

SERVINGS



12

CALORIES



355 kcal

SIDE DISH

Ingredients

- 24 ounce biscuits refrigerated canned
- 1 bell pepper diced green
- 12 ounce mild pork sausage hot
- 1 bell pepper diced red
- 1 ounce fajita seasoning mix
- 6 ounces mexican four-cheese blend shredded

Equipment

- frying pan

- paper towels
- oven
- mixing bowl

Directions

- Cook sausage in a skillet over medium heat, stirring until it crumbles and is no longer pink. Stir in peppers, and cook 3 to 5 minutes or until tender.
- Sprinkle with seasoning mix, and cook 1 to 2 more minutes; drain well, pressing with paper towels.
- Separate refrigerated biscuits, and cut into quarters; place in a large mixing bowl. Fold in sausage mixture, tossing to coat.
- Layer biscuit mixture and cheese in a lightly greased 10-inch tube pan.
- Bake at 400 for 15 minutes or until golden brown.
- Let stand in pan for 5 to 10 minutes. Invert onto a serving plate, and serve immediately.
- Veggie Southwestern Pull-Apart Ring: Saut 1 red bell pepper, diced, and 1 green bell pepper, diced, in 1 teaspoon olive oil for 3 to 5 minutes or until tender. Separate 2 (12-ounce) cans refrigerated biscuits, and cut into quarters; place in a large mixing bowl. Fold in peppers, 2 tablespoons melted butter, and fajita seasoning, tossing to coat.
- Layer biscuits and 3/4 cup (3 ounces) shredded Mexican four-cheese blend in a lightly greased 10-inch tube pan.
- Bake, cool, and invert as directed.
- Brush with melted butter.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:17.58, Inflammation Score:-5, Nutrition Score:13.081739207973%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin:

0.24mg

Nutrients (% of daily need)

Calories: 354.7kcal (17.74%), Fat: 21.06g (32.41%), Saturated Fat: 6.36g (39.77%), Carbohydrates: 30.43g (10.14%), Net Carbohydrates: 28.32g (10.3%), Sugar: 2.9g (3.22%), Cholesterol: 34.44mg (11.48%), Sodium: 801.73mg (34.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.52g (23.04%), Phosphorus: 352.22mg (35.22%), Vitamin C: 20.92mg (25.36%), Vitamin B1: 0.34mg (22.57%), Selenium: 12.9µg (18.43%), Manganese: 0.37mg (18.39%), Iron: 3.22mg (17.86%), Vitamin K: 18.7µg (17.81%), Vitamin B3: 3.5mg (17.52%), Calcium: 163.16mg (16.32%), Vitamin B2: 0.27mg (15.82%), Folate: 52.97µg (13.24%), Vitamin A: 503.18IU (10.06%), Vitamin B6: 0.2mg (9.89%), Vitamin E: 1.46mg (9.75%), Zinc: 1.42mg (9.43%), Fiber: 2.12g (8.47%), Vitamin B12: 0.49µg (8.24%), Potassium: 277.41mg (7.93%), Magnesium: 25.71mg (6.43%), Copper: 0.09mg (4.62%), Vitamin B5: 0.46mg (4.59%), Vitamin D: 0.44µg (2.93%)