



Steamed Breakfast Sausage Biscuit Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



342 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 6 pre pieces of pillsbury biscuit dough (Grands Jr.)
- ☐ 6 slices cheese
- ☐ 6 precooked sausage patties (I used turkey to be a little healthier)

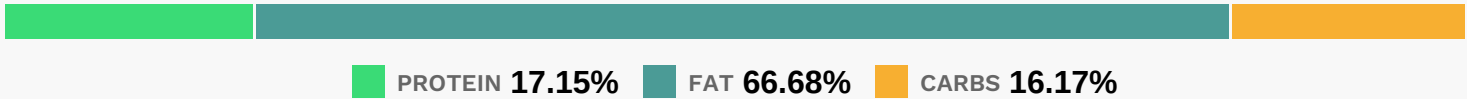
Equipment

- ☐ baking paper

Directions

- ☐
- Prepare steamer. Line steamed with parchment paper and place pieces of biscuit dough inside steamer, about 2 inches apart. Steam for about 8-10 minutes until biscuit dough is puffy, white and fully cooked.
- ☐
- Remove buns from steamer and then place a sausage patty and cheese slice in the middle of each.
- ☐
- Serve while warm.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:8.47, Inflammation Score:-3, Nutrition Score:8.943913122882%

Nutrients (% of daily need)

Calories: 341.99kcal (17.1%), Fat: 25.25g (38.85%), Saturated Fat: 9.79g (61.17%), Carbohydrates: 13.78g (4.59%), Net Carbohydrates: 13.43g (4.88%), Sugar: 1.03g (1.15%), Cholesterol: 58.87mg (19.62%), Sodium: 707.76mg (30.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.22%), Phosphorus: 301.71mg (30.17%), Calcium: 215.01mg (21.5%), Selenium: 13µg (18.57%), Vitamin B1: 0.24mg (16.02%), Vitamin B2: 0.25mg (14.95%), Vitamin B3: 2.92mg (14.59%), Zinc: 2.08mg (13.86%), Vitamin B12: 0.7µg (11.6%), Vitamin B6: 0.16mg (8.1%), Iron: 1.41mg (7.82%), Folate: 25.2µg (6.3%), Vitamin A: 312.98IU (6.26%), Manganese: 0.11mg (5.54%), Potassium: 187.44mg (5.36%), Vitamin B5: 0.48mg (4.82%), Vitamin D: 0.72µg (4.8%), Magnesium: 18.1mg (4.53%), Vitamin E: 0.65mg (4.31%), Copper: 0.06mg (2.99%), Vitamin K: 1.95µg (1.86%), Fiber: 0.35g (1.4%)