

Super Easy Breakfast Sausage Loaf

READY IN



50 min.

SERVINGS



6

CALORIES



535 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup brown sugar
- 1 pound sausage meat
- 1 tablespoon butter
- 1 cup monterrey jack cheese shredded
- 4 large eggs
- 6 servings pepper black to taste
- 2 tablespoons milk
- 8 ounce regular crescent rolls refrigerated

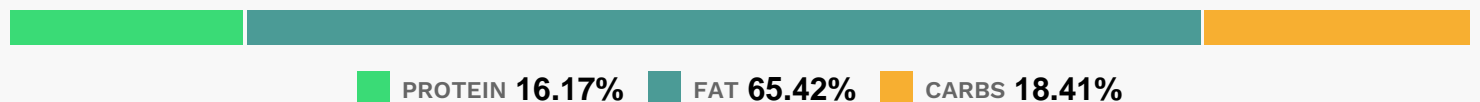
Equipment

- bowl
- frying pan
- oven
- whisk
- loaf pan

Directions

- Preheat oven to 375 degrees F (190 degrees C). Spray a 9x5-inch loaf pan with cooking spray.
- Heat a large skillet over medium-high heat and stir in the sausage and brown sugar. Cook and stir until the meat is crumbly, evenly browned, and no longer pink.
- Drain and discard any excess grease.
- Transfer sausage to a bowl; wipe the skillet clean.
- Melt the butter in the clean skillet over low heat. In a bowl, whisk together the eggs, milk, salt, and black pepper.
- Pour the eggs into the skillet. Allow the eggs to cook undisturbed until they begin to set, then gently stir the eggs until the curds are separate and set but not dry, 5 to 7 minutes.
- Roll out the crescent roll dough, and line the bottom and sides of the prepared pan with 3/4 of the dough.
- Layer the sausage, scrambled eggs, and Colby-Monterey Jack cheese into the pan, then top with the remaining 1/4 of dough. Pinch the corners and sides of the dough together.
- Bake in the preheated oven until golden brown, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:10.469130540995%

Nutrients (% of daily need)

Calories: 534.85kcal (26.74%), Fat: 39.12g (60.18%), Saturated Fat: 15.99g (99.91%), Carbohydrates: 24.78g (8.26%), Net Carbohydrates: 24.75g (9%), Sugar: 13.13g (14.59%), Cholesterol: 200.81mg (66.94%), Sodium: 957.36mg (41.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.75g (43.5%), Phosphorus: 257.81mg (25.78%), Vitamin B2: 0.33mg (19.17%), Selenium: 13.2µg (18.85%), Vitamin B12: 1.13µg (18.78%), Vitamin B3: 3.62mg (18.08%), Calcium: 180.73mg (18.07%), Zinc: 2.66mg (17.75%), Vitamin B6: 0.31mg (15.5%), Vitamin B1: 0.23mg (15.14%), Vitamin D: 1.82µg (12.12%), Iron: 2.11mg (11.72%), Vitamin B5: 1.09mg (10.93%), Vitamin A: 448.48IU (8.97%), Potassium: 270.32mg (7.72%), Magnesium: 21.31mg (5.33%), Folate: 19.99µg (5%), Copper: 0.09mg (4.28%), Vitamin E: 0.6mg (4%), Manganese: 0.03mg (1.7%), Vitamin K: 1.22µg (1.16%)