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## Biscuit with Egg Sausage & Cheese

A delicious biscuit recipe filled with egg, sausage, and cheese. Perfect for breakfast or brunch.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 15 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

250 g	biscuit dough
4 pieces	Eggs
200 g	Sausage
150 g	Cheese

# Directions

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## Step 1

Preheating

Preheat the oven to 375°F (190°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Stove

Cook the sausage in a skillet over medium heat until browned.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 3

Stove

In a separate skillet, scramble the eggs until cooked through.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 4

## Preparation

Roll out the biscuit dough and cut into rounds.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

### Preparation

Place a spoonful of cooked sausage, scrambled eggs, and shredded cheese on half of each biscuit round.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

### Preparation

Fold the other half of each biscuit round over the filling and press the edges to seal.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 7

### Oven

Place the filled biscuits on a baking sheet and bake for 12-15 minutes, or until golden brown.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 20 g

**Protein:** 15 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	150 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	700 mg	30.43%	30.43%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Events

Christmas

Thanksgiving

### Meal Type

Breakfast

Brunch

Lunch

Snack

### Course

Drinks

Breads

Snacks

### Cultural

Chinese New Year

### Cost

Under \$10

### Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

## Diet

Mediterranean Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Atkins Diet

Vegetarian Diet

## Difficulty Level

Easy

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