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Sausage Croissant Roll ♦

A delicious and savory pastry made with flaky croissant dough and filled with sausage.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 25 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

250 g croissant dough

250 g Sausage

Directions

Step 1

Oven

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 20 mins

Step 2

Cutting

Roll out the croissant dough and cut it into rectangles.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Rolling

Place a sausage on each rectangle of dough and roll it up.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Baking

Bake the sausage croissant rolls in the preheated oven for 20 minutes or until golden brown.

Prep Time: 0 mins

Cook Time: 20 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 15 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	15 g	27.27%	30%
Fibers	1 g	2.63%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	50 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	5 mg	384.62%	384.62%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Christmas Picnic

Meal Type

Breakfast Lunch Brunch Snack Supper

Kitchen Tools

Slow Cooker

Course

Main Dishes Salads Snacks

Cultural

Chinese New Year Easter

Cost

Under \$10

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

The Whole30 Diet

Vegetarian Diet

The Sleeping Beauty Diet

Difficulty Level

Easy

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