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Sausage Biscuit Twin Pack ♦

A delicious twin pack of sausage biscuits perfect for breakfast or brunch. The biscuits are made with flaky layers and filled with savory sausage. Enjoy them hot and fresh!

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

250 g Sausage

250 g biscuit dough

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Cook the sausage in a skillet over medium heat until browned and cooked through, about 8 minutes.

Prep Time: 0 mins

Cook Time: 8 mins

Step 3

Cutting

Roll out the biscuit dough and cut it into rounds using a biscuit cutter.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Place a spoonful of cooked sausage onto each biscuit round.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Fold the biscuit rounds in half and press the edges to seal.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

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: 300 kcal

Fat: 20 g

Protein: 10 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	1 g	2.63%	4%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	30 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	4 mcg	166.67%	166.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	6 mg	54.55%	75%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch Snack

Kitchen Tools

Slow Cooker

Course

Appetizers Main Dishes Breads

Cultural

Chinese New Year

Cost

\$40 to \$50

Demographics

Kids Friendly Teen Friendly Lactation Friendly Diabetic Friendly

Heart Healthy

Diet

South Beach Diet OMAD (One Meal a Day) Diet Slow Carb Diet

Vegetarian Diet Vegan Diet

Difficulty Level

Medium

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