

Southwestern Sausage Drop Biscuits

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Yield: 24 small biscuits

1 pound zesty hot roll sausage
1 cup green onion, chopped
3 cups all-purpose (biscuit) baking mix
1 cup milk
1 1/4 cups (5 ounces) sharp cheddar cheese, shredded
1/4 teaspoon paprika
1 cup fresh (or drained, canned) tomatoes, seeded and diced
dash cayenne pepper
butter (optional)

Preparation Time: 10 minutes

Bake: 12 minutes

Preheat the oven to 350 degrees.

In a medium skillet, crumble and cook the sausage until browned. Drain the sausage on paper towels.

In a large bowl, combine the cooked sausage, green onion, baking mix, milk, cheese, paprika, tomatoes and cayenne pepper. Mix well.

Shape the dough into two-inch balls. Place the balls on an ungreased baking sheet.

Bake for 12 minutes or until golden.

Serve hot with butter, if desired. Refrigerate the leftovers.

Per Serving (excluding unknown items): 753 Calories; 55g Fat (65.5% calories from fat); 45g Protein; 21g Carbohydrate; 3g Dietary Fiber; 182mg Cholesterol; 1015mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 1 Non-Fat Milk; 7 1/2 Fat.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	753	Vitamin B6 (mg):	.2mg
% Calories from Fat:	65.5%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	10.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	23.7%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	55g	Folacin (mcg):	100mcg
Saturated Fat (g):	35g	Niacin (mg):	1mg

Monounsaturated Fat (g): 16g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 182mg
Carbohydrate (g): 21g
Dietary Fiber (g): 3g
Protein (g): 45g
Sodium (mg): 1015mg
Potassium (mg): 788mg
Calcium (mg): 1384mg
Iron (mg): 3mg
Zinc (mg): 6mg
Vitamin C (mg): 21mg
Vitamin A (i.u.): 2527IU
Vitamin A (r.e.): 615 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 5
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 1
Fat: 7 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 753 **Calories from Fat:** 493

% Daily Values*

Total Fat 55g	85%
Saturated Fat 35g	175%
Cholesterol 182mg	61%
Sodium 1015mg	42%
Total Carbohydrates 21g	7%
Dietary Fiber 3g	10%
Protein 45g	
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Vitamin A	51%
Vitamin C	35%
Calcium	138%
Iron	15%

* Percent Daily Values are based on a 2000 calorie diet.