

Italian Sausage Breakfast Bread

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

1 pound Italian sausage, removed from casing
1/2 cup sweet onion, chopped
1/4 cup Parmesan cheese, grated
1/2 cup Swiss cheese, grated
1 large egg, beaten
1 1/2 teaspoons salt
2 tablespoons fresh parsley, chopped
2 cups biscuit mix
2/3 cup milk
1/4 cup mayonnaise

Preheat the oven to 350 degrees.

In a skillet, cook the sausage and onions until browned. Drain well. Set aside to cool.

In a large bowl, mix the Parmesan and Swiss cheeses, egg, salt and parsley. Stir well, just until blended.

Pour into a greased 5x9-inch loaf pan.

Bake for 50 to 60 minutes until done.

Per Serving (excluding unknown items): 3502 Calories; 258g Fat (66.4% calories from fat); 122g Protein; 173g Carbohydrate; 7g Dietary Fiber; 671mg Cholesterol; 10566mg Sodium. Exchanges: 10 Grain(Starch); 13 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 37 1/2 Fat.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	3502
% Calories from Fat:	66.4%
% Calories from Carbohydrates:	19.7%
% Calories from Protein:	13.9%
Total Fat (g):	258g
Saturated Fat (g):	86g
Monounsaturated Fat (g):	108g
Polyunsaturated Fat (g):	47g
Cholesterol (mg):	671mg
Carbohydrate (g):	173g
Dietary Fiber (g):	7g

Vitamin B6 (mg):	2.1mg
Vitamin B12 (mcg):	7.6mcg
Thiamin B1 (mg):	4.1mg
Riboflavin B2 (mg):	2.5mg
Folacin (mcg):	124mcg
Niacin (mg):	26mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	10
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Protein (g): 122g
Sodium (mg): 10566mg
Potassium (mg): 2120mg
Calcium (mg): 1607mg
Iron (mg): 14mg
Zinc (mg): 14mg
Vitamin C (mg): 26mg
Vitamin A (i.u.): 1620IU
Vitamin A (r.e.): 392RE

Lean Meat: 13
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 1/2
Fat: 37 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 3502 **Calories from Fat:** 2324

% Daily Values*

Total Fat 258g	397%
Saturated Fat 86g	429%
Cholesterol 671mg	224%
Sodium 10566mg	440%
Total Carbohydrates 173g	58%
Dietary Fiber 7g	27%
Protein 122g	

Vitamin A	32%
Vitamin C	44%
Calcium	161%
Iron	79%

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