

Sausage Apple Ring with Cheese Scrambled Eggs

Elizabethian Inn - Lake Geneva, WI
The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 6

2 pounds bulk pork sausage
1 1/2 cups cracker meal
2 eggs, slightly beaten
1/2 cup milk
1/4 cup onion, minced
1 cup apples, finely chopped
scrambled eggs with cheddar cheese

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Preheat the oven to 350 degrees.

In a bowl, combine the sausage, cracker meal, eggs, milk, onion and apple. Mix thoroughly with a fork.

Press lightly into an oiled six-cup ring mold. Turn out onto a shallow baking pan.

Bake for one hour. Drain the excess fat from the pan.

Fill the center with scrambled eggs to which grated Cheddar cheese has been added.

The sausage ring may be partially baked (for 30 minutes) the day before it is to be served. Refrigerate overnight, then bring to room temperature before baking for an additional 30 minutes just before serving.

Per Serving (excluding unknown items): 161 Calories; 3g Fat (16.4% calories from fat); 6g Protein; 28g Carbohydrate; 1g Dietary Fiber; 73mg Cholesterol; 42mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	161	Vitamin B6 (mg):	.1mg
% Calories from Fat:	16.4%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	69.7%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	13.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	3g	Folacin (mcg):	44mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
		Alcohol (kcal):	0

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	73mg
Carbohydrate (g):	28g
Dietary Fiber (g):	1g
Protein (g):	6g
Sodium (mg):	42mg
Potassium (mg):	118mg
Calcium (mg):	42mg
Iron (mg):	2mg
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	117IU
Vitamin A (r.e.):	32RE

% Daily Values 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 161 Calories from Fat: 26

% Daily Values*

Total Fat 3g	4%
Saturated Fat 1g	5%
Cholesterol 73mg	24%
Sodium 42mg	2%
Total Carbohydrates 28g	9%
Dietary Fiber 1g	5%
Protein 6g	
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Vitamin A	2%
Vitamin C	3%
Calcium	4%
Iron	9%

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