

Southern Sausage Cake

Yield: 10 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-biscuit-mix-waffle-recipe>

Ingredients:

- 1 pound hot Italian sausage
- 1 cup yellow onion finely chopped
- 1 red bell pepper seeds removed, finely chopped
- 1 cup green bell pepper seeds removed, finely chopped
- 1/2 cup Parmesan cheese grated
- 1/4 cup pepper jack cheese grated
- 1 egg beaten
- 1/4 teaspoon hot sauce optional
- 1 teaspoon garlic powder
- kosher salt
- freshly ground pepper
- 2 cups biscuit mix
- 3/4 cup whole milk
- 1/4 cup sour cream

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 65 milligrams
4. Fat: 21 grams
5. Fiber: 2 grams
6. Protein: 12 grams
7. SaturatedFat: 8 grams
8. Sodium: 800 milligrams
9. Sugar: 5 grams

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