



## Bacon, sausage & prune rolls



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



240 kcal

### Ingredients

- ☐ 12 little wieners
- ☐ 1 tbsp clear honey
- ☐ 12 prune- cut to pieces
- ☐ 24 rashers streaky bacon

### Equipment

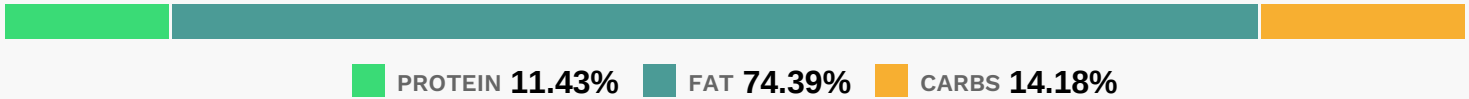
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ skewers

cocktail sticks

## Directions

- Heat oven to 200C/180C fan/gas
- Toss the sausages in a bowl with the honey until all are well coated. Wrap each sausage and prune in a piece of bacon, then skewer with a cocktail stick. Put on a baking sheet and cook for 30 mins.

## Nutrition Facts



## Properties

Glycemic Index:6.77, Glycemic Load:2.4, Inflammation Score:-1, Nutrition Score:3.9395651998727%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 239.89kcal (11.99%), Fat: 19.94g (30.68%), Saturated Fat: 6.71g (41.93%), Carbohydrates: 8.56g (2.85%), Net Carbohydrates: 7.84g (2.85%), Sugar: 5.37g (5.97%), Cholesterol: 34.8mg (11.6%), Sodium: 383.53mg (16.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.78%), Selenium: 8.89µg (12.7%), Vitamin B3: 1.96mg (9.8%), Phosphorus: 89.41mg (8.94%), Vitamin B1: 0.13mg (8.44%), Vitamin B6: 0.14mg (6.9%), Vitamin K: 5.95µg (5.67%), Potassium: 176.8mg (5.05%), Zinc: 0.74mg (4.96%), Vitamin B12: 0.22µg (3.67%), Copper: 0.07mg (3.26%), Vitamin B2: 0.05mg (3.23%), Vitamin B5: 0.29mg (2.88%), Fiber: 0.71g (2.85%), Magnesium: 10.94mg (2.74%), Iron: 0.39mg (2.15%), Vitamin A: 94.38IU (1.89%), Manganese: 0.04mg (1.81%), Vitamin E: 0.23mg (1.55%), Vitamin D: 0.18µg (1.17%)