



## BBQ in a Blanket with Buttermilk-Ranch Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



390 kcal

SIDE DISH

### Ingredients

- 0.5 cup bottled barbecue sauce
- 1 tablespoon bottled barbecue sauce
- 8 jumbo biscuits refrigerated
- 0.3 cup buttermilk
- 0.3 cup mayonnaise
- 1 cup pulled barbecued pork (without sauce)
- 1 teaspoon ranch dressing mix
- 0.3 teaspoon salt

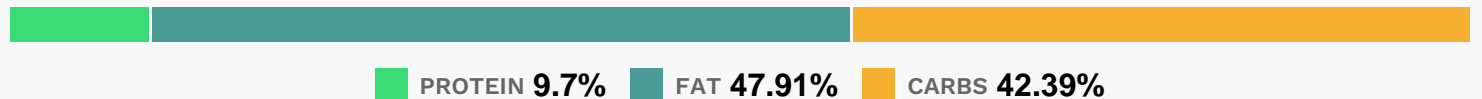
## Equipment

- baking sheet
- baking paper
- oven

## Directions

- Preheat oven to 42
- Toss together pulled barbecued pork and 1/2 cup of your favorite bottled barbecue sauce. Press biscuits into triangles (about 5 inches on each side); spoon 2 Tbsp. pork mixture along 1 edge of each triangle.
- Roll up triangles.
- Place rolls, seam sides down, 2 inches apart on a parchment paper-lined baking sheet.
- Bake 10 to 12 minutes or until golden. Meanwhile, prepare Buttermilk Ranch Sauce: Stir together buttermilk, mayonnaise, 1 Tbsp. bottled barbecue sauce, Ranch dressing mix, and table salt until smooth.
- Serve creamy Buttermilk-Ranch sauce with BBQ in a Blanket.

## Nutrition Facts



## Properties

Glycemic Index:36.25, Glycemic Load:8.27, Inflammation Score:-2, Nutrition Score:4.7904347803282%

## Nutrients (% of daily need)

Calories: 389.91kcal (19.5%), Fat: 20.77g (31.96%), Saturated Fat: 4.93g (30.83%), Carbohydrates: 41.35g (13.78%), Net Carbohydrates: 40.73g (14.81%), Sugar: 27.07g (30.08%), Cholesterol: 32.96mg (10.99%), Sodium: 1198.9mg (52.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.92%), Vitamin K: 25.79µg (24.56%), Vitamin E: 1.28mg (8.52%), Iron: 1.42mg (7.89%), Manganese: 0.14mg (6.91%), Vitamin B2: 0.11mg (6.69%), Calcium: 63.87mg (6.39%), Vitamin B1: 0.09mg (5.89%), Folate: 18.45µg (4.61%), Vitamin A: 229.65IU (4.59%), Vitamin B3: 0.91mg (4.55%), Potassium: 133.77mg (3.82%), Selenium: 2.64µg (3.77%), Phosphorus: 36.92mg (3.69%), Copper: 0.05mg (2.67%), Vitamin B6: 0.05mg (2.54%), Fiber: 0.62g (2.48%), Magnesium: 9.66mg (2.41%), Vitamin B5: 0.21mg (2.07%), Zinc: 0.24mg (1.63%), Vitamin C: 1.31mg (1.58%), Vitamin D: 0.22µg (1.49%), Vitamin B12: 0.09µg (1.43%)