



WHATSheATE



Bite-Size Boo Bugs with Bug-Catching Dip



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup chow mein noodles (from)
- ☐ 24 little wieners smoked (from 14-oz package)
- ☐ 11 oz breadsticks refrigerated pillsbury® canned
- ☐ 1 tablespoon catsup
- ☐ 1 cup ranch dressing (from 16-oz bottle)

Equipment

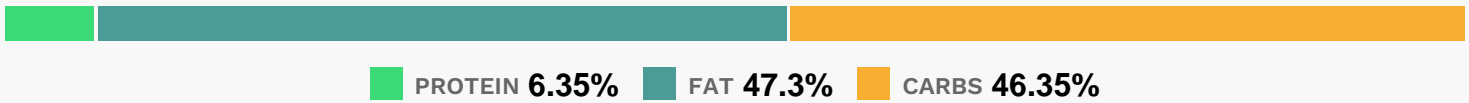
- ☐ baking sheet
- ☐ oven

- ☐ knife
- ☐ toothpicks
- ☐ ziploc bags
- ☐ kitchen scissors

Directions

- ☐ Heat oven to 375°F. Unroll dough; separate at perforations into 12 breadsticks. With knife or kitchen scissors, cut each breadstick in half crosswise, making 24 pieces.
- ☐ Wrap each piece of dough around center of each sausage, pinching to seal and leaving each end of sausage showing.
- ☐ Place seam side down and 1/2 inch apart on ungreased large cookie sheet.
- ☐ Bake 11 to 14 minutes or until golden brown. Immediately remove from cookie sheet; place on serving plate or tray. Cool 2 minutes.
- ☐ Insert shoestring potatoes into baked dough to resemble legs and antennae. Decorate "bugs" with dots or stripes of ketchup.
- ☐ Spread dressing in 9-inch glass pie plate or on dinner plate. Spoon ketchup into small resealable food-storage plastic bag. Seal bag and cut tiny hole in bottom corner. Squeeze bag to draw a coil of ketchup over ranch dressing. Drag toothpick through coil from center out, creating a web.
- ☐ Serve dip with "bugs."

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:1.5860869439886%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 142.73kcal (7.14%), Fat: 7.65g (11.76%), Saturated Fat: 1.75g (10.96%), Carbohydrates: 16.86g (5.62%), Net Carbohydrates: 15.63g (5.68%), Sugar: 1.28g (1.42%), Cholesterol: 8.36mg (2.79%), Sodium: 341.93mg (14.87%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Vitamin K: 13.42μg (12.78%), Iron: 1.16mg (6.42%), Fiber: 1.23g (4.92%), Phosphorus: 37.84mg (3.78%), Vitamin E: 0.23mg (1.54%), Zinc: 0.2mg (1.3%), Copper: 0.02mg (1.02%)