

Bloody Hand Sandwiches

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



1156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 32 ounce hot dogs sliced in half the long way
- 24 ounce regular crescent rolls refrigerated canned

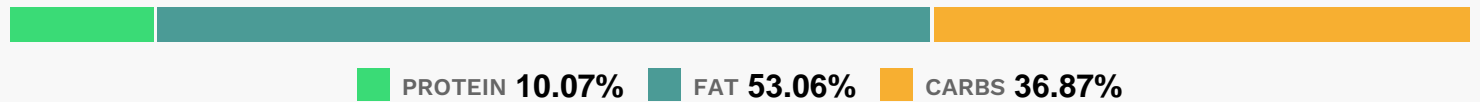
Equipment

- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with parchment paper.
- On a floured surface, roll out each tube of crescent dough into a large square about 1/4-inch thick.
- Place your hand or a hand shape cut out of paper onto the dough, and cut two hand shapes out of each tube of dough.
- Roll up the uncut dough, roll out again, and cut two more hand shapes (total of 8 shapes).
- To assemble, lay four hand shapes onto the prepared baking sheet.
- Place two hot dog halves in a line, cut sides down, onto each finger and thumb. The hot dog halves should reach from 1/4 inch from the tip of each finger into the hand.
- Lay a second dough hand over the first one, covering the hot dogs, and pinch the two hand shapes together to enclose the hot dogs.
- Bake in the preheated oven until the hands are golden brown, about 20 minutes. Allow to cool slightly; remove to a platter. Decorate the stumps of wrists with ketchup "blood" to serve.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:11.68, Inflammation Score:-3, Nutrition Score:17.528260978668%

Nutrients (% of daily need)

Calories: 1155.53kcal (57.78%), Fat: 70.23g (108.04%), Saturated Fat: 27.13g (169.57%), Carbohydrates: 109.77g (36.59%), Net Carbohydrates: 109.77g (39.92%), Sugar: 17.01g (18.9%), Cholesterol: 102.06mg (34.02%), Sodium: 2886.55mg (125.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.99g (59.99%), Selenium: 60.1µg (85.86%), Vitamin B3: 8.44mg (42.18%), Iron: 7.5mg (41.64%), Vitamin B2: 0.63mg (37.35%), Vitamin B1: 0.54mg (36.29%), Zinc: 4.58mg (30.54%), Folate: 111.13µg (27.78%), Phosphorus: 224.53mg (22.45%), Vitamin B12: 1.18µg (19.66%), Vitamin B5: 1.18mg (11.79%), Manganese: 0.21mg (10.55%), Potassium: 331.12mg (9.46%), Copper: 0.18mg (8.85%), Magnesium: 29.48mg (7.37%), Vitamin B6: 0.11mg (5.67%), Calcium: 54.43mg (5.44%)