



Cheesy Cheddar Roll-Ups

 Dairy Free

READY IN



33 min.

SERVINGS



15

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons coarse ground mustard
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion thinly sliced
- ☐ 8 ounces crescent rolls refrigerated
- ☐ 14 ounces johnsonville beddar with cheddar sausage
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Equipment

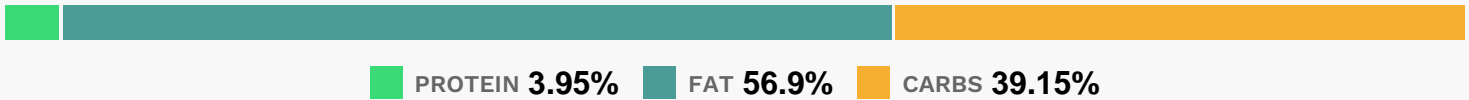
- ☐ frying pan

- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a small skillet, saut onion in oil until golden brown; cool slightly. Unroll crescent dough and separate into triangles. Please note: there will be two extra triangles that may be used to make dinner rolls.
- ☐ Spread 1 teaspoon of mustard on each triangle, divide onions equally and place one link on the wide end of each triangle. Carefully roll-up.
- ☐ Place on an ungreased baking sheet, bake at 350F for 15-18 minutes or until golden brown.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:3.93, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:0.37260869947141%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 64.26kcal (3.21%), Fat: 4.26g (6.55%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 6.42g (2.34%), Sugar: 1.74g (1.93%), Cholesterol: 0mg (0%), Sodium: 140.9mg (6.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.33%), Iron: 0.24mg (1.32%)