



Cheesy sausage rolls

READY IN



130 min.

SERVINGS



12

CALORIES



570 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 500 g just-add-water cornbread mix
- ☐ 12 servings cooking oil for greasing
- ☐ 8 sausage cooled cooked
- ☐ 50 g butter melted
- ☐ 6 spring onion finely sliced
- ☐ 200 g cheddar cheese grated

Equipment

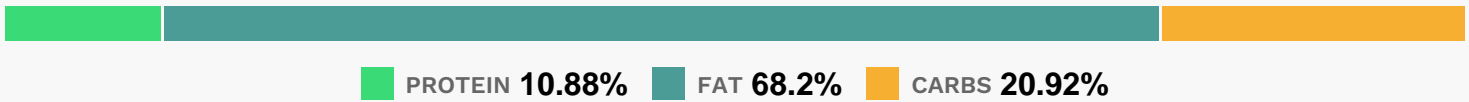
- ☐ bowl

- ☐ oven
- ☐ knife
- ☐ muffin tray

Directions

- ☐ Make up the bread mix following pack instructions. Set aside somewhere warm-ish to rise, in a bowl covered with oiled cling film, while you get everything else ready. Slice the cooked sausages into just under 1cm slices.
- ☐ Roll out the dough on a lightly floured surface to a rectangle roughly 50 x 30cm.
- ☐ Brush with half the garlic butter and scatter over the spring onions, cheese and sausages.
- ☐ Roll up the dough tightly from one of the longest sides, like a Swiss roll. Use a sharp, floured knife to cut the roll into 12 pieces. Wipe the holes of a 12-hole muffin tin with a little more melted butter. Push a roll of bread, cut-side up, into each hole. Dab the remaining butter over the tops, and cover loosely with oiled cling film. Set aside somewhere warm-ish for 30 mins to puff a little.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Bake the rolls for 20-25 mins until golden and risen. Cool in the tins for 10 mins, then lift out to eat warm, or cool completely.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:12.195652210194%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 569.99kcal (28.5%), Fat: 43.17g (66.42%), Saturated Fat: 12.65g (79.04%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 26.94g (9.8%), Sugar: 8.67g (9.64%), Cholesterol: 67.26mg (22.42%), Sodium: 837.57mg (36.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.5g (30.99%), Phosphorus: 359.8mg (35.98%), Vitamin K: 25.4µg (24.19%), Vitamin B1: 0.34mg (22.81%), Vitamin B3: 4.1mg (20.5%), Vitamin E: 2.88mg (19.19%),

Vitamin B2: 0.26mg (15.42%), Calcium: 152mg (15.2%), Zinc: 2.11mg (14.04%), Vitamin B6: 0.24mg (12.1%), Vitamin B12: 0.7µg (11.72%), Folate: 46.78µg (11.7%), Fiber: 2.86g (11.46%), Selenium: 7.13µg (10.18%), Iron: 1.79mg (9.93%), Vitamin A: 421.36IU (8.43%), Manganese: 0.15mg (7.27%), Vitamin B5: 0.66mg (6.58%), Potassium: 218.01mg (6.23%), Magnesium: 23.72mg (5.93%), Vitamin D: 0.84µg (5.58%), Copper: 0.08mg (4.16%), Vitamin C: 1.57mg (1.9%)