



Chicken Sausage Puffs with Creamy Mustard Dipping Sauce

READY IN



18 min.

SERVINGS



2

CALORIES



1850 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce mild chicken sausage fully cooked sliced
- ☐ 1 large eggs lightly beaten
- ☐ 2 tablespoons dijon mustard coarse-grained
- ☐ 17.3 ounce puff pastry frozen thawed
- ☐ 0.5 cup cream sour

Equipment

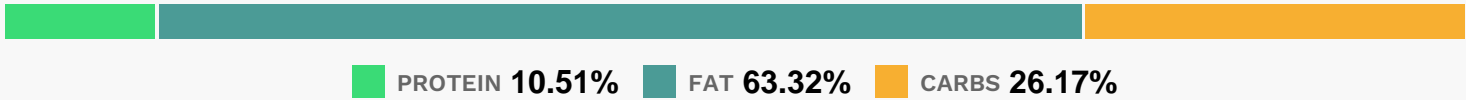
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Place 1 pastry sheet on a lightly floured work surface; roll into 1 (8- x 12-inch) rectangle.
- ☐ Cut pastry into 24 (2-inch) squares.
- ☐ Place 1 sausage slice in center of each square, pressing down. Repeat with remaining pastry sheet and sausage.
- ☐ Arrange puffs on aluminum foil-lined baking sheets, and brush with egg.
- ☐ Bake 18 to 20 minutes or until pastry is puffed and golden.
- ☐ Meanwhile, stir together mustard and sour cream in a small bowl.
- ☐ Serve pastries warm, with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:59.92, Inflammation Score:-8, Nutrition Score:27.780000054318%

Nutrients (% of daily need)

Calories: 1850.13kcal (92.51%), Fat: 131.45g (202.24%), Saturated Fat: 35.28g (220.47%), Carbohydrates: 122.23g (40.74%), Net Carbohydrates: 117.9g (42.87%), Sugar: 6.12g (6.8%), Cholesterol: 247.01mg (82.34%), Sodium: 2569.02mg (111.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.12g (98.23%), Selenium: 74.25µg (106.07%), Vitamin B1: 1.03mg (68.39%), Manganese: 1.27mg (63.63%), Vitamin B2: 0.91mg (53.81%), Vitamin B3: 10.38mg (51.89%), Folate: 207.52µg (51.88%), Iron: 8.44mg (46.89%), Vitamin K: 40.64µg (38.71%), Phosphorus: 256.53mg (25.65%), Vitamin A: 1106.77IU (22.14%), Fiber: 4.32g (17.29%), Copper: 0.32mg (15.95%), Magnesium: 55.19mg (13.8%), Zinc: 1.91mg (12.72%), Vitamin E: 1.86mg (12.38%), Calcium: 106.05mg (10.6%), Potassium: 278.46mg (7.96%), Vitamin B6: 0.13mg (6.4%), Vitamin B5: 0.62mg (6.21%), Vitamin B12: 0.34µg (5.72%), Vitamin C: 2.96mg (3.59%), Vitamin D: 0.5µg (3.33%)