



Chipolatas wrapped in sage & pancetta



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 slices pancetta
- ☐ 24 sage whole
- ☐ 24 chipolatas

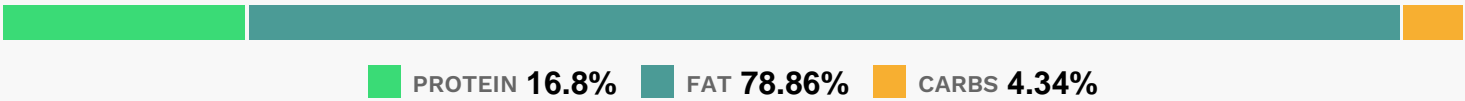
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ cutting board

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Put 1 slice of pancetta on a chopping board and stretch out using the back of a knife. Put 1 sage leaf and 1 sausage on top, and roll the sausage up on the diagonal, covering all of it. Put on a lightly greased baking sheet and repeat with the remaining sausages. Can be prepared and chilled 2 days ahead. Cook for 20–25 mins until crisp and cooked through.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:1.198260863838%

Nutrients (% of daily need)

Calories: 162.5kcal (8.13%), Fat: 14.12g (21.72%), Saturated Fat: 4.96g (30.98%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.19g (0.21%), Cholesterol: 9.24mg (3.08%), Sodium: 498.93mg (21.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.54%), Copper: 0.13mg (6.44%), Selenium: 2.81µg (4.02%), Vitamin B3: 0.56mg (2.82%), Vitamin B1: 0.04mg (2.58%), Phosphorus: 20.17mg (2.02%), Vitamin B6: 0.04mg (1.86%), Fiber: 0.32g (1.26%), Vitamin B12: 0.07µg (1.17%), Zinc: 0.17mg (1.11%)