



Crispy Phyllo Wrapped Hot Dog Mummies

READY IN



55 min.

SERVINGS



8

CALORIES



331 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 servings dipping sauce yellow for serving and decorating your favorite
- 0.3 teaspoon pepper black freshly ground
- 2 ounces cheddar cut into 16 thin slices
- 0.3 teaspoon garlic powder
- 16 ounce bun-size hot dogs halved (8 hot dogs)
- 0.5 teaspoon kosher salt
- 8 sheets phyllo dough
- 4 ounces butter unsalted melted (1 stick)

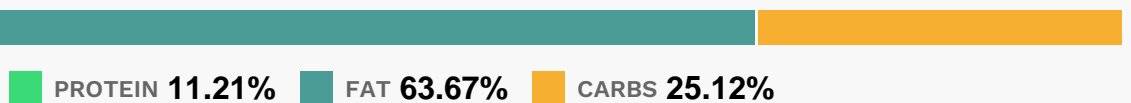
Equipment

- bowl
- baking sheet
- paper towels
- baking paper
- oven
- toothpicks
- cutting board

Directions

- Preheat the oven to 400 degrees F and line a rimmed baking sheet with parchment paper.
- Cut a slit in each hot dog piece and stuff with a slice of cheese. Set aside.
- Combine the salt, garlic powder and pepper in a small bowl.
- Working with one sheet of phyllo at a time and keeping the rest covered under a damp towel or paper towels, lay a phyllo sheet on a large cutting board or counter and lightly brush with melted butter. Lightly sprinkle with some of the spice mix and fold in half lengthwise.
- Brush the top with more melted butter and cut into 1/2-inch-thick strips. Using 2 pieces of stuffed hot dogs per phyllo sheet, wrap half of the strips around each piece of hot dog to create a mummy look. Leave a small section of hot dog exposed towards the top so it looks like the top part of the face peeking out from the phyllo wrappings. Don't worry about frayed edges or tears-- it will add to the mummy look.
- Place on the prepared baking sheet and repeat with the remaining phyllo, melted butter, spice mix and hot dogs. Remelt the butter if it cools down too much while forming the mummies.
- Bake until the phyllo is crisp and golden brown, about 25 minutes. If desired, dot ketchup or mustard eyes on each mummy using a toothpick and serve with extra sauces for dipping.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:6.66, Inflammation Score:-4, Nutrition Score:7.9017391140046%

Nutrients (% of daily need)

Calories: 330.92kcal (16.55%), Fat: 23.63g (36.36%), Saturated Fat: 11.89g (74.32%), Carbohydrates: 20.98g (6.99%), Net Carbohydrates: 20.38g (7.41%), Sugar: 0.14g (0.16%), Cholesterol: 63.08mg (21.03%), Sodium: 727.91mg (31.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.37g (18.73%), Selenium: 23.33µg (33.32%), Vitamin B1: 0.25mg (16.77%), Vitamin B2: 0.26mg (15.48%), Vitamin B3: 2.92mg (14.61%), Folate: 46.82µg (11.71%), Iron: 2.05mg (11.41%), Phosphorus: 112.13mg (11.21%), Zinc: 1.55mg (10.31%), Manganese: 0.17mg (8.73%), Vitamin A: 429.13IU (8.58%), Calcium: 72.8mg (7.28%), Vitamin B12: 0.39µg (6.57%), Vitamin B5: 0.41mg (4.14%), Magnesium: 15mg (3.75%), Copper: 0.07mg (3.66%), Potassium: 115.18mg (3.29%), Vitamin E: 0.42mg (2.77%), Fiber: 0.6g (2.4%), Vitamin B6: 0.04mg (2.23%), Vitamin K: 1.82µg (1.73%), Vitamin D: 0.26µg (1.7%)