



Franks Under Wraps



Vegetarian



Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 eggs
- ☐ 20 servings mustard prepared
- ☐ 17.3 ounce puff pastry thawed pepperidge farm®
- ☐ 1 tablespoon water

Equipment

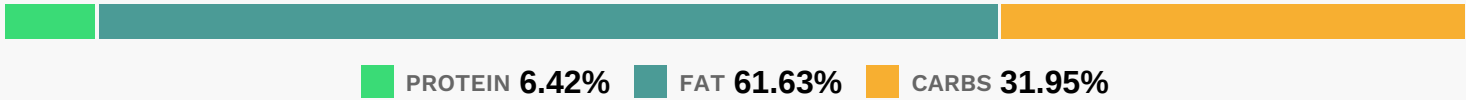
- ☐ bowl
- ☐ baking sheet
- ☐ oven

- ☐ whisk
- ☐ wire rack

Directions

- ☐ Heat the oven to 400 degrees F. Beat the egg and water in a small bowl with a fork or whisk.
- ☐ Unfold the pastry sheet on a lightly floured surface.
- ☐ Cut the pastry sheet into 20 (1/2-inch) strips. Wrap the pastry strips around the frankfurters and press to seal.
- ☐ Place the pastries onto a baking sheet.
- ☐ Brush the pastries with the egg mixture.
- ☐ Bake for 15 minutes or until the pastries are golden brown.
- ☐ Remove the pastries from the baking sheet and let cool on a wire rack for 10 minutes.
- ☐ Serve the pastries with the mustard for dipping.

Nutrition Facts



Properties

Glycemic Index:4.4, Glycemic Load:6, Inflammation Score:-1, Nutrition Score:2.7552173715895%

Nutrients (% of daily need)

Calories: 141.31kcal (7.07%), Fat: 9.72g (14.96%), Saturated Fat: 2.45g (15.29%), Carbohydrates: 11.34g (3.78%), Net Carbohydrates: 10.76g (3.91%), Sugar: 0.26g (0.29%), Cholesterol: 8.18mg (2.73%), Sodium: 119.22mg (5.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Selenium: 8.31µg (11.87%), Vitamin B1: 0.11mg (7.2%), Manganese: 0.14mg (7.06%), Vitamin B3: 1.05mg (5.26%), Folate: 20.51µg (5.13%), Vitamin B2: 0.08mg (4.87%), Iron: 0.75mg (4.14%), Vitamin K: 4.03µg (3.84%), Phosphorus: 24.47mg (2.45%), Fiber: 0.58g (2.33%), Copper: 0.03mg (1.67%), Magnesium: 6.6mg (1.65%), Zinc: 0.19mg (1.27%), Vitamin E: 0.17mg (1.15%)