



## Franks Under Wraps

 Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 eggs
- ☐ 10 frankfurters cut in half crosswise
- ☐ 20 servings mustard prepared
- ☐ 17.3 ounce puff pastry thawed pepperidge farm®
- ☐ 1 tablespoon water

## Equipment

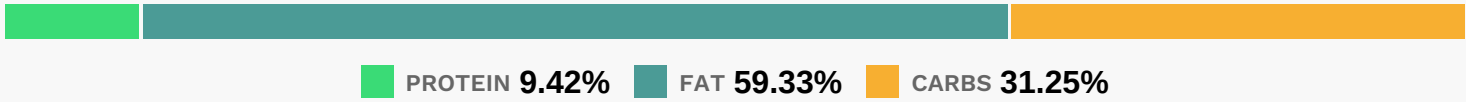
- ☐ bowl
- ☐ baking sheet

- ☐ 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:5.8, Glycemic Load:7.16, Inflammation Score:-1, Nutrition Score:4.4417391090613%

## Nutrients (% of daily need)

Calories: 196.89kcal (9.84%), Fat: 13.06g (20.09%), Saturated Fat: 3.62g (22.62%), Carbohydrates: 15.48g (5.16%), Net Carbohydrates: 14.9g (5.42%), Sugar: 0.26g (0.29%), Cholesterol: 18.31mg (6.1%), Sodium: 273.12mg (11.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.33%), Selenium: 14.27µg (20.39%), Vitamin B1: 0.16mg (10.8%), Vitamin B3: 1.89mg (9.44%), Vitamin B2: 0.15mg (8.57%), Manganese: 0.16mg (8.1%), Folate: 31.54µg (7.88%), Iron: 1.28mg (7.09%), Phosphorus: 46.74mg (4.67%), Zinc: 0.64mg (4.3%), Vitamin K: 4.03µg (3.84%), Copper: 0.05mg (2.55%), Magnesium: 9.52mg (2.38%), Fiber: 0.58g (2.33%), Vitamin B12: 0.14µg (2.28%), Potassium: 58.34mg (1.67%), Vitamin B5: 0.17mg (1.66%), Calcium: 12.26mg (1.23%), Vitamin B6: 0.02mg (1.18%), Vitamin E: 0.17mg (1.15%)