



Hogs in a Blanket

 Dairy Free

READY IN



50 min.

SERVINGS



20

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ounces andouille sausage
- 1 large egg yolk mixed with 1 tablespoon of water (large)
- 0.3 cup tea
- 7 ounces puff pastry thawed cut into four 5-inch squares
- 2 tablespoons coarse mustard

Equipment

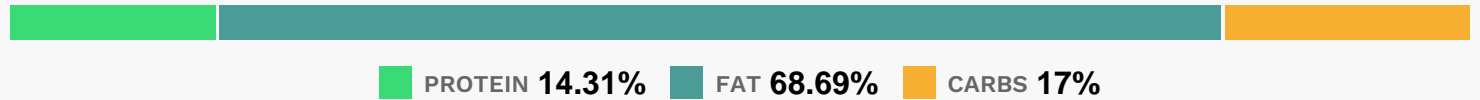
- food processor
- paper towels

oven

Directions

- Preheat the oven to 375 and position a rack in the center. Arrange the puff pastry squares on a work surface and brush the top edges with the egg wash.
- Place the sausages on the bottom edges and roll up the pastry, pressing the edges to seal. Freeze the logs for 10 minutes, or until firm.
- Cut the logs into 1/2-inch slices and place them cut side up in 3 mini muffin pans.
- Bake for 25 minutes, until golden and sizzling. Turn out onto a paper towel-lined rack to cool.
- Meanwhile, in a mini food processor, pulse the chutney and mustard just until the chutney is chopped. Spoon a dollop of the chutney mustard on each slice and serve.

Nutrition Facts



Properties

Glycemic Index:4.4, Glycemic Load:2.43, Inflammation Score:-1, Nutrition Score:2.5999999931487%

Flavonoids

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Nutrients (% of daily need)

Calories: 113.64kcal (5.68%), Fat: 8.68g (13.36%), Saturated Fat: 2.54g (15.9%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 4.62g (1.68%), Sugar: 0.28g (0.32%), Cholesterol: 23.81mg (7.94%), Sodium: 180.16mg (7.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Selenium: 6.91µg (9.87%), Vitamin B3: 1.46mg

(7.32%), Vitamin B1: 0.09mg (5.82%), Vitamin B2: 0.06mg (3.76%), Phosphorus: 36.26mg (3.63%), Zinc: 0.5mg (3.33%), Manganese: 0.06mg (3.12%), Vitamin B12: 0.18µg (3.05%), Iron: 0.51mg (2.81%), Folate: 9.4µg (2.35%), Potassium: 68.49mg (1.96%), Vitamin B6: 0.04mg (1.96%), Vitamin D: 0.28µg (1.89%), Vitamin E: 0.23mg (1.56%), Vitamin K: 1.63µg (1.55%), Vitamin B5: 0.15mg (1.53%), Magnesium: 5.16mg (1.29%), Copper: 0.03mg (1.27%)