

Hogs in a Blanket

 Dairy Free

READY IN



50 min.

SERVINGS



20

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounces andouille sausages
- ☐ 1 large egg yolk mixed with 1 tablespoon of water (large)
- ☐ 0.3 cup major grey's chutney
- ☐ 7 ounces all-butter puff pastry thawed cut into four 5-inch squares
- ☐ 2 tablespoons whole-grain mustard

Equipment

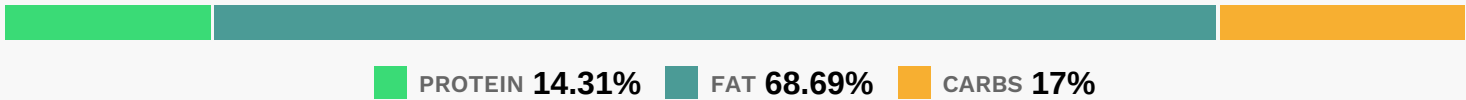
- ☐ food processor
- ☐ paper towels

☐ 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:2.59999999931487%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Theaflavin: 0.05mg, Theaflavin: 0.05mg, Theaflavin: 0.05mg Thearubigins: 2.4mg, Thearubigins: 2.4mg, Thearubigins: 2.4mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg Theaflavin-3,3'-digallate: 0.05mg, Theaflavin-3,3'-digallate: 0.05mg, Theaflavin-3,3'-digallate: 0.05mg Theaflavin-3'-gallate: 0.04mg, Theaflavin-3'-gallate: 0.04mg, Theaflavin-3'-gallate: 0.04mg, Theaflavin-3'-gallate: 0.04mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

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%)