

Kielbasa Bundles

READY IN



35 min.

SERVINGS



8

CALORIES



416 kcal

SIDE DISH

Ingredients

- 0.3 cup barbecue sauce
- 1 tablespoon butter
- 1 egg whites
- 1 garlic clove minced
- 0.3 cup bell pepper green chopped
- 1 small onion chopped
- 0.5 pound kielbasa fully cooked chopped johnsonville®
- 4 slices processed cheese food halved
- 16 ounces regular crescent rolls refrigerated

- 8 servings sesame seed
- 1 tablespoon water

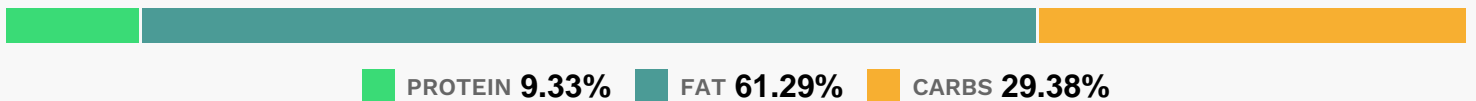
Equipment

- frying pan
- baking sheet
- oven

Directions

- In a large skillet, cook sausage for 5–8 minutes; drain.
- Add the onion, green pepper and butter; cook until vegetables are tender.
- Add garlic; cook 1 minute longer. Stir in barbecue sauce; heat through.
- Unroll crescent roll dough and separate into eight rectangles; seal perforations.
- Place a cheese slice on half of each rectangle; top with 2 tablespoons sausage mixture.
- Fold dough over filling and pinch edges to seal; fold seam under. Beat egg white and water; brush over dough.
- Sprinkle with sesame seeds.
- Place bundles seam side down on greased baking sheets.
- Bake at 350° for 15–18 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:0.79, Inflammation Score:-3, Nutrition Score:8.1808696039345%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 415.65kcal (20.78%), Fat: 29.16g (44.87%), Saturated Fat: 11.4g (71.22%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 30.17g (10.97%), Sugar: 10.4g (11.56%), Cholesterol: 34.11mg (11.37%), Sodium: 1010.63mg (43.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.99g (19.97%), Calcium: 198.96mg (19.9%), Copper: 0.37mg (18.71%), Phosphorus: 163.59mg (16.36%), Selenium: 10.91µg (15.59%), Vitamin B1: 0.22mg (14.51%), Iron: 2.47mg (13.74%), Manganese: 0.25mg (12.68%), Zinc: 1.48mg (9.85%), Magnesium: 38.23mg (9.56%), Vitamin B6: 0.16mg (7.87%), Vitamin B12: 0.44µg (7.36%), Vitamin B3: 1.46mg (7.28%), Vitamin B2: 0.11mg (6.71%), Vitamin C: 4.86mg (5.89%), Fiber: 1.29g (5.15%), Potassium: 175.09mg (5%), Vitamin A: 187.81IU (3.76%), Folate: 11.75µg (2.94%), Vitamin B5: 0.22mg (2.2%), Vitamin E: 0.26mg (1.73%)