



Mark's English Sausage Rolls

 Dairy Free  Popular

READY IN



35 min.

SERVINGS



12

CALORIES



332 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup dijon mustard
- 1 eggs beaten
- 16 ounce pork sausagemeat
- 17.3 ounce puff pastry sheets frozen thawed

Equipment

- baking sheet
- oven

Directions

- Preheat the oven to 400 degrees F (200 degrees C).
- Unfold the puff pastry sheets, and cut along the fold lines of each sheet to form 6 equal squares for a total of 12 squares.
- Brush each square with mustard. Divide sausage into 12 pieces, and roll into small logs.
- Place one log on each square.
- Roll dough around the sausage, and seal with a bit of beaten egg.
- Place rolls onto an ungreased baking sheet, and brush the tops with the rest of the egg.
- Bake for 20 minutes in the preheated oven, or until the rolls are puffed and golden. I usually watch after 10 minutes or so to make sure they don't burn. These freeze (unbaked) very well.

Nutrition Facts

 PROTEIN 12.12%  FAT 65.34%  CARBS 22.54%

Properties

Glycemic Index:7.33, Glycemic Load:9.97, Inflammation Score:-2, Nutrition Score:7.8539130467436%

Nutrients (% of daily need)

Calories: 332.37kcal (16.62%), Fat: 24.06g (37.02%), Saturated Fat: 7.03g (43.95%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 17.85g (6.49%), Sugar: 0.39g (0.43%), Cholesterol: 40.86mg (13.62%), Sodium: 184.91mg (8.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.04g (20.08%), Selenium: 22.05µg (31.5%), Vitamin B1: 0.45mg (30.01%), Vitamin B3: 3.37mg (16.85%), Vitamin B2: 0.22mg (13.2%), Manganese: 0.23mg (11.27%), Phosphorus: 103.46mg (10.35%), Folate: 35.76µg (8.94%), Iron: 1.52mg (8.46%), Vitamin B6: 0.16mg (8.16%), Zinc: 1.13mg (7.52%), Vitamin K: 6.65µg (6.33%), Vitamin B12: 0.3µg (4.95%), Potassium: 146.18mg (4.18%), Magnesium: 16.63mg (4.16%), Copper: 0.07mg (3.5%), Fiber: 0.83g (3.34%), Vitamin B5: 0.32mg (3.24%), Vitamin E: 0.28mg (1.84%), Calcium: 14.69mg (1.47%)