



## Mummy Hot Dogs

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 oz breadstick dough refrigerated
- ☐ 1 eggs
- ☐ 12 hot dogs
- ☐ 12 servings mustard
- ☐ 1 tablespoon water

## Equipment

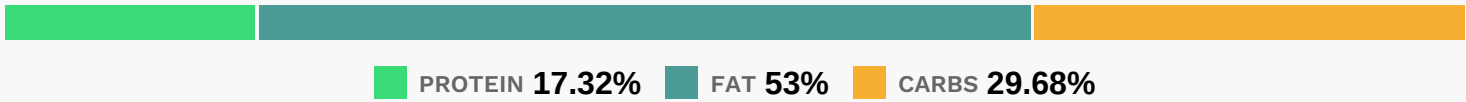
- ☐ baking sheet
- ☐ oven

- ☐ whisk
- ☐ toothpicks

## Directions

- ☐ Seperate dough into strips. Wrap one strip of dough around each hot dog, leaving 1/2 inch uncovered for face. Arrange on a lightly greased baking sheet.
- ☐ Whisk together egg and water; brush over dough.
- ☐ Bake at 350 for 14 to 16 minutes, or until golden. Dot mustard on hot dogs with a toothpick to form eyes, if desired.

## Nutrition Facts



## Properties

Glycemic Index:5, Glycemic Load:2.33, Inflammation Score:-1, Nutrition Score:4.0895652252695%

## Nutrients (% of daily need)

Calories: 127.1kcal (6.35%), Fat: 7.58g (11.66%), Saturated Fat: 2.62g (16.39%), Carbohydrates: 9.55g (3.18%), Net Carbohydrates: 9.29g (3.38%), Sugar: 0.21g (0.24%), Cholesterol: 33.89mg (11.3%), Sodium: 391.03mg (17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.14%), Selenium: 14.75µg (21.07%), Vitamin B2: 0.15mg (8.59%), Vitamin B3: 1.7mg (8.52%), Vitamin B1: 0.12mg (7.93%), Iron: 1.21mg (6.7%), Zinc: 0.99mg (6.59%), Folate: 24.12µg (6.03%), Phosphorus: 57.21mg (5.72%), Vitamin B12: 0.27µg (4.44%), Manganese: 0.06mg (3.19%), Vitamin B5: 0.31mg (3.05%), Potassium: 78.26mg (2.24%), Magnesium: 8.7mg (2.18%), Copper: 0.04mg (2.08%), Vitamin B6: 0.03mg (1.61%), Calcium: 16.04mg (1.6%), Fiber: 0.26g (1.03%)