



## Party Sausage Bites With Pine Nuts

READY IN



45 min.

SERVINGS



48

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tbsp butter
- 1 medium shallots minced
- 2 garlic clove minced
- 14 oz ground sausage italian hot
- 1 tsp thyme leaves dry
- 1 tsp basil dry
- 1 tsp basil dry
- 2 tbsp optional: dill fresh chopped
- 0.3 cup pinenuts

- 0.5 tsp salt
- 1 sheet puff pastry frozen thawed
- 0.3 cup parmesan grated
- 1 water with a small pinch of salt and 1 tbsp water until smooth for glazing, whisked
- 48 servings caraway seeds for decorating

## Equipment

- bowl
- frying pan
- baking sheet
- oven

## Directions

- In a skillet, melt butter over medium heat
- Add minced garlic and onion, and saute for 5–6 minutes, until fragrant and translucent.
- Let cool until manageable
- Mix sausage, onion+garlic, thyme, basil, fresh dill, salt and pine nuts in a bowl, until uniform and smooth.
- Roll out the puff pastry out on a lightly floured surface into 4 strips 3 inches wide and about 12 inches long.
- Arrange sausage stuffing into a 1 inch roll in the middle of the strip, taking care to reach all the way to the edge on short end of the strip.
- Sprinkle a portion of parmesan on top of the sausage stuffing
- Spread some egg wash along one of the long edges of the dough.
- Carefully fold the dough over the sausage stuffing, closing the seem.
- Roll the sausage filled dough pipe on the board a little bit to ensure uniform thickness and to seal the seam.
- Proceed with the remaining dough and stuffing.
- When all pipes are ready, spread the egg wash all over them, and sprinkle the seeds of your choosing on top.

- Preheat the oven to 425F.
- Cut each pipe into 12 1 bites.
- Arrange the bites on a baking sheet 1 apart.
- Bake for 20 minutes, or until golden and crisp.
- Serve warm

## Nutrition Facts

**PROTEIN 11.58%** **FAT 71.48%** **CARBS 16.94%**

### Properties

Glycemic Index:8.77, Glycemic Load:1.3, Inflammation Score:-1, Nutrition Score:1.9634782608696%

### Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 72.36kcal (3.62%), Fat: 5.82g (8.96%), Saturated Fat: 1.88g (11.77%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.6g (0.95%), Sugar: 0.12g (0.13%), Cholesterol: 8.03mg (2.68%), Sodium: 112.61mg (4.9%), Protein: 2.12g (4.25%), Manganese: 0.11mg (5.49%), Selenium: 3.6µg (5.14%), Vitamin B1: 0.07mg (4.97%), Phosphorus: 30.07mg (3.01%), Vitamin B3: 0.55mg (2.77%), Iron: 0.45mg (2.5%), Vitamin B2: 0.04mg (2.16%), Fiber: 0.51g (2.02%), Zinc: 0.3mg (2%), Calcium: 18.06mg (1.81%), Vitamin B6: 0.03mg (1.72%), Magnesium: 6.87mg (1.72%), Copper: 0.03mg (1.62%), Vitamin K: 1.61µg (1.53%), Vitamin B12: 0.08µg (1.41%), Folate: 5.32µg (1.33%), Potassium: 45.24mg (1.29%)