



Pastry-Wrapped Sausages

READY IN



45 min.

SERVINGS



16

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 teaspoons dijon honey mustard
- ☐ 16 ounce regular crescent rolls refrigerated
- ☐ 4 sausage fully cooked quartered (such as chicken and apple)
- ☐ 16 tablespoons sharp cheddar cheese grated

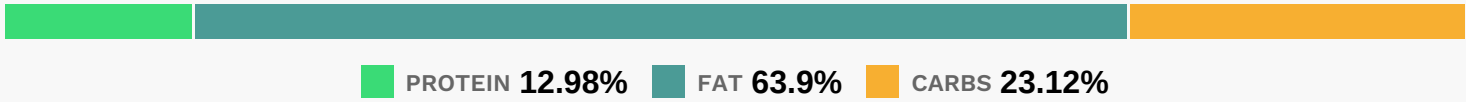
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Spray heavy large baking sheet with nonstick spray. Unroll dough on work surface; separate along perforations into individual triangles.
- ☐ Spread each triangle with 1 teaspoon mustard; sprinkle each with 1 tablespoon cheese. Arrange 1 sausage quarter on triangle, parallel to short side, leaving 1/2-inch border. Fold short side of dough over sausage; continue to roll up. Arrange sausage roll, seam side down, on prepared sheet. Repeat with remaining triangles, mustard, cheese, and sausages. (Can be made 8 hours ahead. Cover; chill.)
- ☐ Preheat oven to 375°F.
- ☐ Bake sausages until dough is golden, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:3.295652154995%

Nutrients (% of daily need)

Calories: 235.02kcal (11.75%), Fat: 16.83g (25.9%), Saturated Fat: 7.3g (45.63%), Carbohydrates: 13.71g (4.57%), Net Carbohydrates: 13.71g (4.98%), Sugar: 3.88g (4.32%), Cholesterol: 30.3mg (10.1%), Sodium: 480.79mg (20.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.69g (15.39%), Calcium: 107.96mg (10.8%), Phosphorus: 97.39mg (9.74%), Zinc: 1.01mg (6.74%), Selenium: 4.24µg (6.06%), Vitamin B12: 0.34µg (5.66%), Vitamin B2: 0.09mg (5.42%), Vitamin B3: 1.01mg (5.04%), Vitamin B1: 0.06mg (4.19%), Vitamin B6: 0.08mg (3.77%), Iron: 0.62mg (3.43%), Vitamin A: 166.24IU (3.32%), Vitamin D: 0.37µg (2.44%), Vitamin B5: 0.2mg (2.05%), Potassium: 64.25mg (1.84%), Magnesium: 7.03mg (1.76%), Vitamin E: 0.15mg (1.02%)