



## Pigs in a Blanket

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



355 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 pound diestel breakfast sausage uncooked
- 0.5 cup coarse-ground mustard
- 2 tablespoons honey
- 0.3 cup mayonnaise light
- 16 ounce crescent rolls refrigerated canned

## Equipment

- frying pan
- baking sheet

paper towels

oven

## Directions

Cook sausage in a large skillet over medium-high heat 10 minutes or until browned and thoroughly cooked.

Drain on paper towels.

Divide crescent rolls into individual triangles.

Place one cooked sausage link in center of each dough triangle.

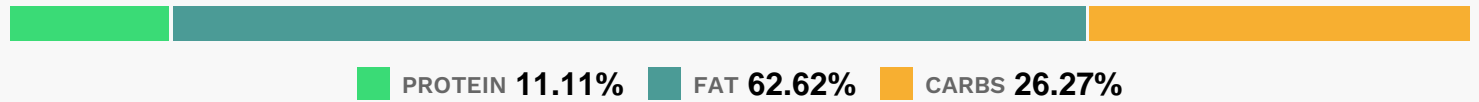
Roll up, starting at wide end. Arrange on an ungreased baking sheet.

Bake 350 for 10 to 15 minutes or until golden brown.

Stir together mustard, mayonnaise, and honey.

Serve with sausage rolls.

## Nutrition Facts



## Properties

Glycemic Index:8.03, Glycemic Load:1.8, Inflammation Score:-1, Nutrition Score:6.0569565088853%

## Nutrients (% of daily need)

Calories: 354.5kcal (17.72%), Fat: 25.29g (38.91%), Saturated Fat: 8.39g (52.44%), Carbohydrates: 23.88g (7.96%), Net Carbohydrates: 23.11g (8.4%), Sugar: 8.61g (9.56%), Cholesterol: 33.55mg (11.18%), Sodium: 691.85mg (30.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.1g (20.19%), Selenium: 13.19µg (18.84%), Vitamin B3: 2.43mg (12.17%), Vitamin B1: 0.18mg (11.7%), Phosphorus: 113.99mg (11.4%), Iron: 1.68mg (9.31%), Zinc: 1.38mg (9.18%), Vitamin B6: 0.16mg (8.24%), Manganese: 0.16mg (7.95%), Magnesium: 29.67mg (7.42%), Vitamin B12: 0.39µg (6.43%), Potassium: 162.54mg (4.64%), Vitamin B2: 0.07mg (4.31%), Vitamin D: 0.59µg (3.93%), Copper: 0.07mg (3.64%), Vitamin B5: 0.36mg (3.61%), Vitamin E: 0.53mg (3.5%), Vitamin K: 3.53µg (3.36%), Fiber: 0.77g (3.08%), Folate: 10.89µg (2.72%), Calcium: 21.3mg (2.13%)