

Pigs in a Blanket

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 ounce biscuits refrigerated
- 8 slices processed cheese food

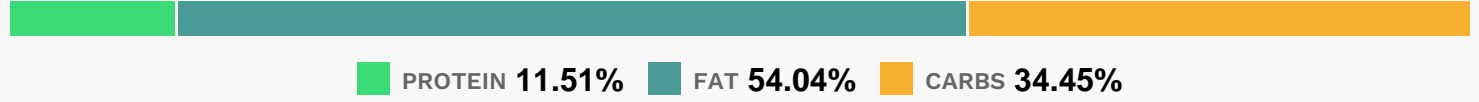
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Wrap cheese around each frankfurter then the biscuit around that. Put on cookie sheet with the overlap of biscuit faced down, so you don't have to use tooth picks.
- Bake in preheated oven until biscuits are brown, about 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:14.78, Inflammation Score:-3, Nutrition Score:8.6486956762231%

Nutrients (% of daily need)

Calories: 276.34kcal (13.82%), Fat: 16.7g (25.69%), Saturated Fat: 6.23g (38.95%), Carbohydrates: 23.95g (7.98%), Net Carbohydrates: 23.34g (8.49%), Sugar: 2.28g (2.53%), Cholesterol: 28.47mg (9.49%), Sodium: 912.97mg (39.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.01%), Phosphorus: 382.65mg (38.27%), Calcium: 315.75mg (31.58%), Selenium: 14.54µg (20.77%), Vitamin B1: 0.21mg (13.73%), Vitamin B2: 0.2mg (11.97%), Manganese: 0.2mg (9.83%), Iron: 1.74mg (9.64%), Folate: 35.31µg (8.83%), Vitamin B12: 0.49µg (8.1%), Vitamin B3: 1.61mg (8.03%), Zinc: 0.92mg (6.16%), Vitamin E: 0.85mg (5.65%), Vitamin A: 265.55IU (5.31%), Potassium: 142.8mg (4.08%), Magnesium: 15.31mg (3.83%), Copper: 0.05mg (2.6%), Vitamin B5: 0.25mg (2.55%), Vitamin K: 2.67µg (2.54%), Fiber: 0.61g (2.46%), Vitamin B6: 0.04mg (1.87%), Vitamin D: 0.17µg (1.12%)