



## Pigs in Blankets

 Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



222 kcal

SIDE DISH

### Ingredients

- 2 cups baking mix (recipe also in Recipe Finder)
- 2 tablespoons cornmeal
- 10 hot dogs
- 7 tablespoons water

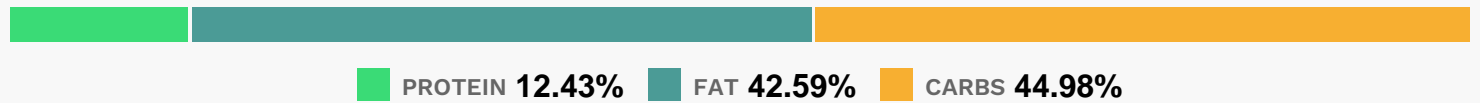
### Equipment

- bowl
- baking sheet
- oven

## Directions

- In a bowl, combine biscuit mix, cornmeal and water just until moistened. Turn onto a lightly floured surface; knead 5 times.
- Roll out into a 10-in. square; cut into 10 strips. Starting at one end, wrap each strip in a spiral around a hot dog; pinch ends.
- Place on an ungreased baking sheet.
- Bake at 425° for 10–12 minutes or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:9.65, Glycemic Load:3.19, Inflammation Score:-2, Nutrition Score:6.697391330062%

## Nutrients (% of daily need)

Calories: 221.55kcal (11.08%), Fat: 10.49g (16.14%), Saturated Fat: 3.32g (20.74%), Carbohydrates: 24.93g (8.31%), Net Carbohydrates: 24.24g (8.81%), Sugar: 2.83g (3.14%), Cholesterol: 20.73mg (6.91%), Sodium: 614.65mg (26.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.77%), Selenium: 13.85µg (19.78%), Phosphorus: 189.45mg (18.94%), Vitamin B1: 0.25mg (16.8%), Vitamin B3: 2.81mg (14.07%), Vitamin B2: 0.23mg (13.69%), Folate: 52.73µg (13.18%), Iron: 1.79mg (9.93%), Zinc: 1.12mg (7.44%), Manganese: 0.14mg (6.81%), Vitamin B12: 0.33µg (5.46%), Calcium: 54.19mg (5.42%), Vitamin B5: 0.46mg (4.58%), Copper: 0.08mg (3.93%), Magnesium: 14.1mg (3.52%), Potassium: 111.26mg (3.18%), Fiber: 0.69g (2.77%), Vitamin B6: 0.05mg (2.63%), Vitamin K: 1.56µg (1.49%)