

# **Pigs in Sleeping Bags**







SIDE DISH

## **Ingredients**

	0.8 teaspoon caraway seeds crushed toasted
	1 tablespoon dijon mustard plus more for serving
	1 large eggs beaten to blend
	2 large garlic clove minced
	8 ounces ground pork
	12 servings pepper black freshly ground
	3 tablespoons panko bread crumbs (Japanese breadcrumbs)
	14 ounce puff pastry frozen thawed
	0.8 cup sauerkraut drained

	0.3 cup shallots minced		
	1 tablespoon butter unsalted		
	3 tablespoons milk whole		
Equipment			
	bowl		
	baking sheet		
	oven		
	aluminum foil		
Directions			
	Melt butter in a small skilletover medium heat.		
	Add shallotand cook, stirring occasionallyand reducing heat if needed toprevent burning, unti- soft,4-5 minutes.		
	Add garlic andcook, stirring occasionally,until aromatic, about 1 minute.		
	Transfer shallot mixture to alarge bowl and let cool.		
	Combine panko and milk ina small bowl; let stand until milkis absorbed, 2-3 minutes.		
	Addto bowl with shallot mixture. Squeeze any excess liquid from sauerkraut; coarsely chop and add to bowl. Stir in 1 tablespoon Dijonmustard and caraway seeds; season with salt and pepper.		
	Mix well.		
	Add pork; using a forkor your hands, gently mix untiljust combined (do not overmix).		
	Line a baking sheet withparchment paper.		
	Roll outpastry on a lightly flouredsurface to a 14x10" rectangle.		
	Cut lengthwise into three14x3 1/3" strips.		
	Transfer strips toprepared baking sheet. Usingone-third of sausage filling andleaving a 1" border at each end,pat sausage to form a thin logof filling down the center of1 pastry strip. Fold pastry oversausage mixture to enclose,then press pastry together toseal. Fold seam under to ensurethat sausage is tightly wrapped.Repeat with remaining pastryand sausage mixture.		

	Cut small diagonal slits at1" intervals along top of pastries(to help release steam).	
	Brushtop and sides of pastry withbeaten egg; chill in freezer forabout 30 minutes. DO AHEAD:Pastries can be made 2 weeksahead. Cover tightly with plasticwrap, then foil, and	
	keep frozen.	
브	Preheat oven to 425°F.	
	Bakepastries (if frozen, no needto thaw) until puffed and lightbrown, about 15 minutes.Reduce heat to 350°F; continuebaking until sausage is cookedthrough and pastry is goldenand completely puffed, about 25 minutes.	
	Let cool slightly.	
	Cut sausage rolls crosswiseinto 1" pieces.	
	Serve with a bowlof Dijon mustard for dipping.	
Nutrition Facts		
	2 22 22 24 20 40/	
	PROTEIN 10.4% FAT 61.82% CARBS 27.78%	

#### **Properties**

Glycemic Index:20.83, Glycemic Load:8.45, Inflammation Score:-2, Nutrition Score:6.527391322281%

#### **Flavonoids**

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 265.8kcal (13.29%), Fat: 18.28g (28.13%), Saturated Fat: 5.52g (34.47%), Carbohydrates: 18.49g (6.16%), Net Carbohydrates: 17.33g (6.3%), Sugar: 1.17g (1.3%), Cholesterol: 32.07mg (10.69%), Sodium: 191.84mg (8.34%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 6.92g (13.84%), Selenium: 15.27µg (21.82%), Vitamin B1: 0.31mg (20.45%), Manganese: 0.24mg (12.17%), Vitamin B3: 2.41mg (12.05%), Vitamin B2: 0.18mg (10.45%), Folate: 35.35µg (8.84%), Iron: 1.45mg (8.08%), Phosphorus: 77.08mg (7.71%), Vitamin K: 6.98µg (6.65%), Vitamin B6: 0.13mg (6.41%), Zinc: 0.76mg (5.04%), Fiber: 1.16g (4.64%), Potassium: 129.42mg (3.7%), Copper: 0.07mg (3.68%), Magnesium: 14.34mg (3.58%), Vitamin B12: 0.2µg (3.34%), Calcium: 25.24mg (2.52%), Vitamin B5: 0.25mg (2.5%), Vitamin C: 2.02mg (2.45%), Vitamin E: 0.28mg (1.84%), Vitamin A: 63.11IU (1.26%)