



Pigs in Sleeping Bags

READY IN



45 min.

SERVINGS



12

CALORIES



266 kcal

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

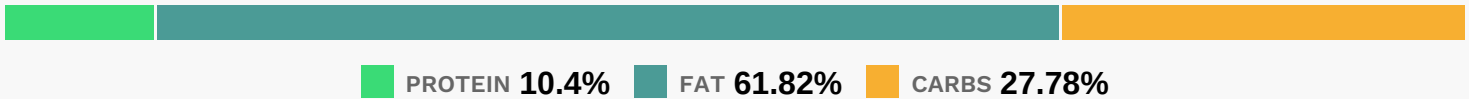
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Melt butter in a small skillet over medium heat.
- ☐ Add shallot and cook, stirring occasionally and reducing heat if needed to prevent burning, until soft, 4–5 minutes.
- ☐ Add garlic and cook, stirring occasionally, until aromatic, about 1 minute.
- ☐ Transfer shallot mixture to a large bowl and let cool.
- ☐ Combine panko and milk in a small bowl; let stand until milk is absorbed, 2–3 minutes.
- ☐ Add to bowl with shallot mixture. Squeeze any excess liquid from sauerkraut; coarsely chop and add to bowl. Stir in 1 tablespoon Dijon mustard and caraway seeds; season with salt and pepper.
- ☐ Mix well.
- ☐ Add pork; using a fork or your hands, gently mix until just combined (do not overmix).
- ☐ Line a baking sheet with parchment paper.
- ☐ Roll out pastry on a lightly floured surface to a 14x10" rectangle.
- ☐ Cut lengthwise into three 14x3 1/3" strips.
- ☐ Transfer strips to prepared baking sheet. Using one-third of sausage filling and leaving a 1" border at each end, pat sausage to form a thin log of filling down the center of 1 pastry strip. Fold pastry over sausage mixture to enclose, then press pastry together to seal. Fold seam under to ensure that sausage is tightly wrapped. Repeat with remaining pastry and sausage mixture.

- ☐ Cut small diagonal slits at 1" intervals along top of pastries(to help release steam).
- ☐ Brush top and sides of pastry with beaten egg; chill in freezer for about 30 minutes. DO AHEAD: Pastries can be made 2 weeks ahead. Cover tightly with plastic wrap, then foil, and keep frozen.
- ☐ Preheat oven to 425°F.
- ☐ Bake pastries (if frozen, no need to thaw) until puffed and light brown, about 15 minutes. Reduce heat to 350°F; continue baking until sausage is cooked through and pastry is golden and completely puffed, about 25 minutes.
- ☐ Let cool slightly.
- ☐ Cut sausage rolls crosswise into 1" pieces.
- ☐ Serve with a bowl of Dijon mustard for dipping.

Nutrition Facts



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

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: 0g (100%), Alcohol %: 0% (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%)