



Pigskins in a Blanket

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce mild chicken sausage fully cooked
- ☐ 8 ounce sheets puff pastry frozen thawed
- ☐ 0.3 cup whole-grain mustard

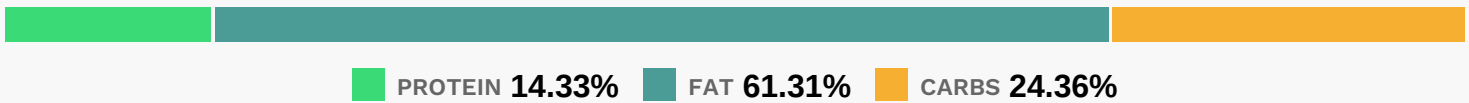
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400 F.
- ☐ Cut the sausages in quarters lengthwise, then in half crosswise.
- ☐ Cut the puff pastry into strips 3 inches long and 1 inch wide.
- ☐ Roll the sausage pieces in the pastry strips and transfer to a parchment-lined baking sheet.
- ☐ Bake until puffed and golden brown, 15 to 20 minutes.
- ☐ Transfer to a platter and serve with the mustard for dipping.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:6.95, Inflammation Score:-2, Nutrition Score:3.5395652159401%

Nutrients (% of daily need)

Calories: 247.58kcal (12.38%), Fat: 17.15g (26.38%), Saturated Fat: 4.01g (25.06%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 14.46g (5.26%), Sugar: 0.87g (0.96%), Cholesterol: 30.02mg (10.01%), Sodium: 619.74mg (26.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.03%), Selenium: 10.39µg (14.84%), Manganese: 0.18mg (9.08%), Vitamin B1: 0.13mg (8.83%), Iron: 1.25mg (6.96%), Vitamin B3: 1.24mg (6.2%), Folate: 22.84µg (5.71%), Vitamin B2: 0.09mg (5.12%), Vitamin K: 4.72µg (4.5%), Fiber: 0.87g (3.49%), Vitamin A: 157.76IU (3.16%), Phosphorus: 28.21mg (2.82%), Magnesium: 9.52mg (2.38%), Copper: 0.04mg (2%), Zinc: 0.22mg (1.44%), Vitamin E: 0.19mg (1.26%)