



Pizza Pigs in Blankets

READY IN

ready

60 min.

SERVINGS

servings

12

CALORIES

calories

158 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 36 inches mild sausage links to package directions and coin italian
- ☐ 0.8 cup low-moisture mozzarella cheese shredded
- ☐ 12 servings tomatoes warmed for dipping
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.5 pound pizza dough refrigerated at room temperature

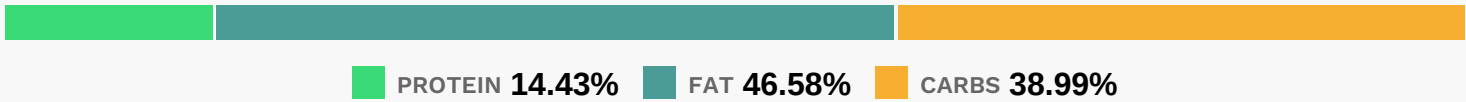
Equipment

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

Directions

- ☐ Preheat the oven to 375 degrees F. Toss the sausages with 1 tablespoon olive oil on a baking sheet and bake, turning the sausages halfway through, until golden brown and fully cooked, about 35 minutes.
- ☐ Line another baking sheet with parchment paper or foil.
- ☐ Combine the remaining 2 tablespoons olive oil and the rosemary and oregano in a small bowl; set aside.
- ☐ Roll out the pizza dough into a 6-by-12-inch rectangle, then cut the dough crosswise into twelve 1-inch-wide strips.
- ☐ Wrap a strip of dough around each sausage and set on the prepared baking sheet with the ends of the dough on the bottom.
- ☐ Brush with the herb oil and sprinkle with the mozzarella and parmesan.
- ☐ Bake until the dough is golden brown, 12 to 15 minutes.
- ☐ Serve with marinara sauce.
- ☐ Photograph by Levi Brown

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:2.12, Inflammation Score:-5, Nutrition Score:6.9521738951621%

Nutrients (% of daily need)

Calories: 158kcal (7.9%), Fat: 8.52g (13.11%), Saturated Fat: 2.49g (15.59%), Carbohydrates: 16.05g (5.35%), Net Carbohydrates: 13.89g (5.05%), Sugar: 5.66g (6.29%), Cholesterol: 11.11mg (3.7%), Sodium: 837.04mg (36.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.88%), Vitamin E: 2.32mg (15.49%), Vitamin A: 582.27IU (11.65%), Potassium: 394.03mg (11.26%), Vitamin C: 8.73mg (10.59%), Iron: 1.85mg (10.25%), Phosphorus: 86.96mg (8.7%), Fiber: 2.16g (8.64%), Calcium: 76.25mg (7.63%), Vitamin B6: 0.15mg (7.54%), Copper: 0.15mg (7.52%), Vitamin B3: 1.47mg (7.37%), Vitamin B2: 0.12mg (7.13%), Manganese: 0.14mg (7.06%), Selenium: 4.81µg (6.87%), Vitamin K: 6.16µg (5.87%), Magnesium: 21.88mg (5.47%), Vitamin B1: 0.07mg (4.98%), Zinc: 0.7mg (4.67%), Vitamin B5: 0.43mg (4.27%), Folate: 13.74µg (3.43%), Vitamin B12: 0.2µg (3.29%)