



Pork & sage sausage rolls

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



612 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 375 g puff pastry
- ☐ 8 pork sausage
- ☐ 1 small bunch sage
- ☐ 1 eggs lightly beaten

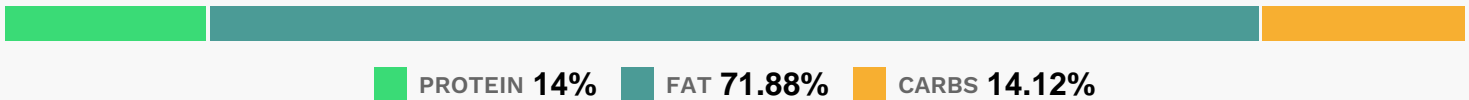
Equipment

- ☐ oven
- ☐ baking pan
- ☐ palette knife

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Cut the pastry sheet into 8 equal squares.
- ☐ Skin the sausages, then lay the meat from one sausage in the middle of a pastry square. Put 2 sage leaves on top.
- ☐ Brush a little egg on one side then seal the pastry squares using your fingers to create a crimped edge. Repeat to make 7 more.
- ☐ Transfer to a lightly greased baking tray, brush with more egg and bake for 25-30 mins until golden brown and cooked through.
- ☐ Allow to cool for a few mins then run a palette knife underneath to loosen the sausage rolls. They can be eaten hot or cold. For a picnic, simply cool and pop into a container, layered with baking parchment. Will keep for 2 days in the fridge.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:11.44, Inflammation Score:-2, Nutrition Score:16.388695672802%

Nutrients (% of daily need)

Calories: 611.51kcal (30.58%), Fat: 48.43g (74.5%), Saturated Fat: 14.67g (91.67%), Carbohydrates: 21.4g (7.13%), Net Carbohydrates: 20.6g (7.49%), Sugar: 0.37g (0.41%), Cholesterol: 101.82mg (33.94%), Sodium: 843.27mg (36.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.22g (42.44%), Copper: 3.98mg (198.79%), Vitamin B3: 7.27mg (36.36%), Vitamin B1: 0.5mg (33.55%), Phosphorus: 192.03mg (19.2%), Zinc: 2.8mg (18.63%), Selenium: 13.03µg (18.62%), Vitamin B6: 0.37mg (18.25%), Manganese: 0.36mg (18.11%), Vitamin B2: 0.3mg (17.48%), Vitamin B12: 1.01µg (16.82%), Iron: 2.69mg (14.96%), Vitamin D: 1.58µg (10.53%), Folate: 40.28µg (10.07%), Potassium: 321.83mg (9.2%), Vitamin B5: 0.84mg (8.43%), Vitamin K: 8.02µg (7.63%), Magnesium: 26.14mg (6.53%), Vitamin E: 0.53mg (3.5%), Fiber: 0.79g (3.18%), Calcium: 26.25mg (2.63%), Vitamin A: 114.92IU (2.3%)