



## Sausage and Parmesan Puffs

READY IN



45 min.

SERVINGS



16

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 eggs
- 1 tablespoon cup heavy whipping cream
- 6 tablespoons parmesan cheese divided grated
- 17 ounce puff pastry frozen thawed

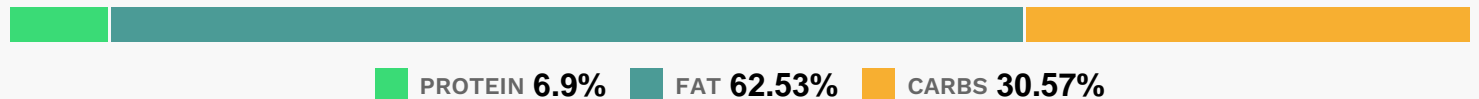
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven 400 degrees F.
- Cut each pastry sheet into 3 strips lengthwise. In small bowl, beat egg with milk until well blended.
- Brush top of each pastry strip with the egg/milk mixture and sprinkle each with 1 tablespoon of cheese.
- Divide the uncooked sausage into 6 equal portions. Shape each portion into a log the same length as the pastry strips.
- Place one sausage log in the middle of each pastry strip. Fold edges of the pastry up to enclose sausage and pinch together tightly.
- Brush tops with remaining egg glaze. Chill 15 minutes.
- Place a sheet of brown paper bag on a baking sheet.
- Cut each pastry roll into 1 inch slices and place on top of the brown paper.
- Bake for 15–20 minutes or until sausage is cooked and pastry is lightly browned. Refrigerate leftovers.

## Nutrition Facts



## Properties

Glycemic Index:3.5, Glycemic Load:7.35, Inflammation Score:-1, Nutrition Score:3.2434782467621%

## Nutrients (% of daily need)

Calories: 180.98kcal (9.05%), Fat: 12.6g (19.39%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 13.41g (4.88%), Sugar: 0.26g (0.29%), Cholesterol: 12.92mg (4.31%), Sodium: 111.97mg (4.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.25%), Selenium: 8.82µg (12.6%), Vitamin B1: 0.12mg (8.11%), Manganese: 0.15mg (7.47%), Vitamin B3: 1.26mg (6.3%), Vitamin B2: 0.11mg (6.24%), Folate: 24.94µg (6.23%), Vitamin K: 4.92µg (4.69%), Iron: 0.83mg (4.6%), Phosphorus: 35.95mg (3.59%), Calcium: 21.75mg (2.17%), Zinc: 0.28mg (1.86%), Copper: 0.04mg (1.86%), Fiber: 0.45g (1.81%), Magnesium: 5.87mg (1.47%), Vitamin E: 0.21mg (1.4%)