



## Sausage mummy dippers

 Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



235 kcal

SIDE DISH

### Ingredients

- ☐ 12 servings cooking oil for greasing
- ☐ 1 tbsp honey
- ☐ 1 tbsp catsup
- ☐ 2 tsp mustard yellow plus a little extra to decorate
- ☐ 1 tube portugese rolls (look in the chiller cabinets near the pastry in the supermarkets)
- ☐ 12 chipolatas

### Equipment

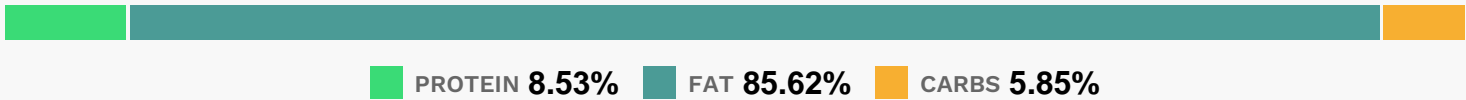
- ☐ bowl

☐ oven

## Directions

- ☐ Heat oven to 200C/180C fan/gas 6 and brush 2 baking trays with a little oil.
- ☐ Mix the honey, ketchup and mustard together in a bowl, then brush over the chipolata sausages.
- ☐ Unroll the croissant dough and divide into 3 rectangles. Pinch together the diagonal perforated seams, then cut into long thin strips you should get about 16 per rectangle.
- ☐ Wind the little croissant strips around the chipolatas, leaving a little gap at one end to make a slit for the eyes.
- ☐ Place on baking trays and bake for 20 mins. Cool a little, then, using the mustard, dot a pair of little yellow eyes on to each mummy.
- ☐ Serve warm with glow-in-the-dark goo (see goes well with, below) and/or your favourite dip.

## Nutrition Facts



## Properties

Glycemic Index:13.11, Glycemic Load:0.78, Inflammation Score:-1, Nutrition Score:1.3117391358575%

## Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 235.29kcal (11.76%), Fat: 22.59g (34.76%), Saturated Fat: 4.13g (25.79%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 3.12g (1.13%), Sugar: 1.94g (2.16%), Cholesterol: 0mg (0%), Sodium: 428.68mg (18.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.12%), Vitamin E: 2.47mg (16.49%), Vitamin K: 10.04µg (9.56%), Fiber: 0.36g (1.43%)