



Sausage roll twists with tomato dip

 Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 250 g puff pastry
- ☐ 400 g chipolatas
- ☐ 6 tbsp catsup reduced-sugar
- ☐ 2 tsp malt vinegar
- ☐ 6 cherry tomatoes finely chopped

Equipment

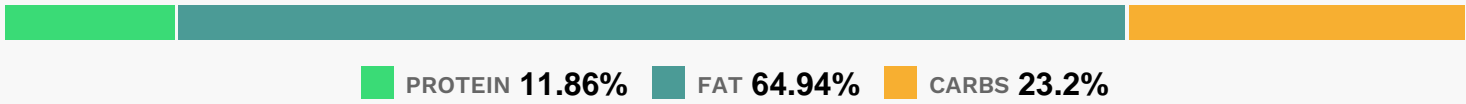
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Roll out the pastry to 1 coin thickness (about 20 x 30cm) and cut into strips about 1cm wide, cutting from the shorter edge. Thin each sausage a little by twisting, then snip in half. Wind one pastry strip around each half-sausage, then place on a baking sheet, pastry ends down.
- ☐ Bake for 20 mins until the sausages and pastry are golden. Meanwhile, mix together the ketchup, vinegar and cherry tomatoes.
- ☐ Serve in little bowls alongside the sausage twists.

Nutrition Facts



Properties

Glycemic Index:4.42, Glycemic Load:2.54, Inflammation Score:-1, Nutrition Score:1.2795652283922%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 118.03kcal (5.9%), Fat: 8.54g (13.15%), Saturated Fat: 2.66g (16.6%), Carbohydrates: 6.87g (2.29%), Net Carbohydrates: 6.5g (2.36%), Sugar: 1.19g (1.32%), Cholesterol: 0mg (0%), Sodium: 281.63mg (12.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Selenium: 2.57µg (3.68%), Manganese: 0.06mg (2.99%), Vitamin B1: 0.04mg (2.9%), Vitamin B3: 0.52mg (2.59%), Folate: 9.06µg (2.26%), Vitamin B2: 0.04mg (2.2%), Vitamin K: 1.92µg (1.83%), Iron: 0.31mg (1.73%), Fiber: 0.37g (1.46%), Vitamin C: 1.14mg (1.39%)