



Sausage Rolls

 Dairy Free

READY IN



40 min.

SERVINGS



20

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound diestel breakfast sausage raw (16 links)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons dijon mustard
- ☐ 1 teaspoon sage fresh minced
- ☐ 2 teaspoons thyme sprigs fresh minced
- ☐ 0.5 cup onion finely minced
- ☐ 17.3 oz puff pastry frozen thawed

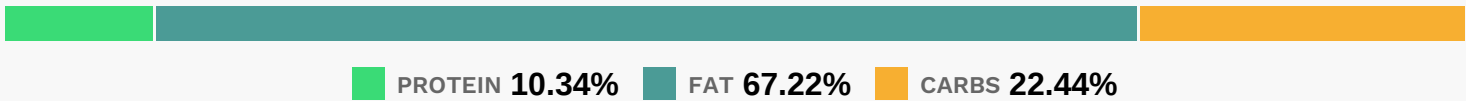
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Using a sharp knife, cut off ends of sausage casings. Squeeze out meat and discard casings. In a bowl, mix sausage, onion, thyme, sage and crushed red pepper. Set mixture aside.
- ☐ Preheat oven to 400F. Working on a lightly floured work surface, unroll 1 sheet of puff pastry so a long side is near you. Divide dough horizontally into 2 long rectangles. Repeat with remaining sheet of puff pastry.
- ☐ Brush each rectangle with 2 tsp. mustard.
- ☐ Cut 6 vertical 1 1/2-inch strips from each rectangle and discard any excess pastry.
- ☐ Place 1 Tbsp. sausage mixture in center of each strip and, beginning at one end, roll dough around mixture, pressing seam to seal.
- ☐ Place each roll seam-side down on a rimmed baking sheet. Repeat with remaining strips and sausage.
- ☐ Bake rolls until pastry is puffed and golden, 20 minutes.
- ☐ Let cool for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:6.08, Inflammation Score:-3, Nutrition Score:4.6213043591251%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 207kcal (10.35%), Fat: 15.43g (23.73%), Saturated Fat: 4.37g (27.31%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 11.05g (4.02%), Sugar: 0.37g (0.42%), Cholesterol: 16.33mg (5.44%), Sodium: 222.4mg (9.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.68%), Copper: 0.35mg (17.5%), Vitamin B1: 0.17mg (11.01%), Vitamin B3: 2.11mg (10.54%), Selenium: 6.47µg (9.24%), Manganese: 0.15mg (7.3%), Vitamin B2: 0.1mg (5.91%), Iron: 0.96mg (5.35%), Folate: 20.32µg (5.08%), Phosphorus: 48.43mg (4.84%), Zinc: 0.65mg (4.3%), Vitamin B6: 0.08mg (4.08%), Vitamin K: 4.1µg (3.91%), Vitamin B12: 0.19µg (3.21%), Potassium: 81.43mg (2.33%), Magnesium: 8.75mg (2.19%), Fiber: 0.54g (2.18%), Vitamin D: 0.29µg (1.97%), Vitamin B5: 0.16mg (1.63%), Vitamin E: 0.19mg (1.27%)