

Sausage Rolls

 Dairy Free

READY IN



28 min.

SERVINGS



10

CALORIES



321 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons mustard prepared
- ☐ 2 9-inch pie crusts frozen thawed ()
- ☐ 1 pound sausage

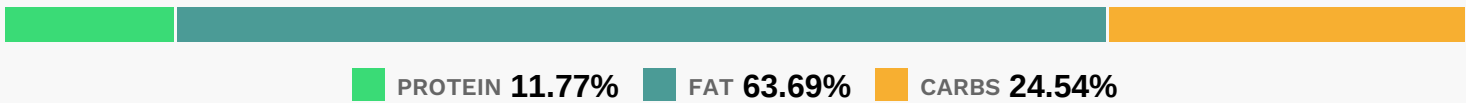
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Lightly grease a baking sheet.
- ☐ Place pie crust dough onto a flat surface.
- ☐ Spread them generously with mustard.
- ☐ Spread 1/2 pound of sausage onto each pie crust. Flatten the sausage down with a spatula.
- ☐ Roll the pie crust mixture up like a jelly roll. Slice the roll into 1/2-inch circular pieces.
- ☐ Bake for 18 minutes or until sausage is cooked.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:5.6378260565841%

Nutrients (% of daily need)

Calories: 321.3kcal (16.07%), Fat: 22.5g (34.61%), Saturated Fat: 7.26g (45.35%), Carbohydrates: 19.5g (6.5%), Net Carbohydrates: 18.46g (6.71%), Sugar: 0.01g (0.02%), Cholesterol: 32.66mg (10.89%), Sodium: 463.08mg (20.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.35g (18.7%), Vitamin B3: 3.22mg (16.09%), Vitamin B1: 0.24mg (15.78%), Manganese: 0.18mg (9.16%), Phosphorus: 91.11mg (9.11%), Iron: 1.56mg (8.66%), Vitamin B6: 0.16mg (7.97%), Zinc: 1.17mg (7.8%), Vitamin B2: 0.12mg (7.29%), Folate: 28.52µg (7.13%), Vitamin B12: 0.39µg (6.43%), Vitamin B5: 0.47mg (4.69%), Potassium: 152.79mg (4.37%), Fiber: 1.04g (4.17%), Vitamin D: 0.59µg (3.93%), Selenium: 2.62µg (3.74%), Magnesium: 12.83mg (3.21%), Copper: 0.06mg (3.03%), Vitamin K: 3.12µg (2.97%), Vitamin E: 0.27mg (1.82%), Calcium: 12.31mg (1.23%)