

Sausage Rolls with Maille® Dijon Originale Mustard

READY IN

ready

45 min.

SERVINGS

servings

12

CALORIES

calories

195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces butter
- ☐ 12 little wieners
- ☐ 1 teaspoon dijon originale mustard maille®
- ☐ 1 eggs beaten
- ☐ 6 ounces flour all-purpose
- ☐ 4 slices ham
- ☐ 2 tablespoons oil

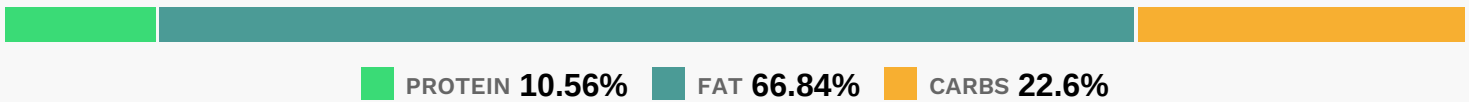
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ First make the pastry.
- ☐ Place the flour, butter, egg and Maille® Dijon Originale mustard into a processor and mix until a ball begins to form around the blade.
- ☐ Remove from the processor bowl and lightly shape into a ball. Wrap in cling and chill in the refrigerator for 30 minutes.
- ☐ Meanwhile, heat the oil in a pan and fry cocktail sausages all over until brown.
- ☐ Remove from pan and cool. Wrap each sausage in a strip of ham.
- ☐ Roll out the chilled pastry on a lightly floured board.
- ☐ Cut into rectangles large enough to enclose a wrapped sausage. Wrap the sausages in pastry and seal with beaten egg. Make slash marks along the top of each sausage roll and then brush with the beaten egg.
- ☐ Bake in a pre-heated oven at 375 degrees F for around 15 minutes, or until the pastry is golden brown.

Nutrition Facts



Properties

Glycemic Index:13.08, Glycemic Load:7.83, Inflammation Score:-2, Nutrition Score:3.9526086890179%

Nutrients (% of daily need)

Calories: 195.25kcal (9.76%), Fat: 14.5g (22.31%), Saturated Fat: 6.57g (41.09%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 10.63g (3.87%), Sugar: 0.19g (0.21%), Cholesterol: 45.5mg (15.17%), Sodium: 273.6mg (11.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.31%), Selenium: 8.29µg (11.84%), Vitamin B1: 0.17mg (11.34%), Folate: 28.26µg (7.06%), Vitamin B2: 0.11mg (6.52%), Phosphorus: 64.34mg (6.43%), Vitamin B3: 1.26mg

(6.31%), Vitamin A: 256.25IU (5.12%), Iron: 0.92mg (5.1%), Manganese: 0.1mg (5.04%), Vitamin E: 0.71mg (4.73%), Zinc: 0.55mg (3.68%), Copper: 0.05mg (2.46%), Vitamin B6: 0.05mg (2.43%), Vitamin K: 2.38µg (2.27%), Potassium: 65.38mg (1.87%), Vitamin B12: 0.11µg (1.81%), Magnesium: 7.25mg (1.81%), Vitamin B5: 0.17mg (1.73%), Fiber: 0.4g (1.6%)