



Sausage Swirls

READY IN



40 min.

SERVINGS



48

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups flour all-purpose
- 0.3 cup cornmeal
- 2 tablespoons sugar
- 2 teaspoons double-acting baking powder
- 1 teaspoon salt
- 0.7 cup canola oil
- 0.8 cup milk
- 2 pounds sausage meat uncooked

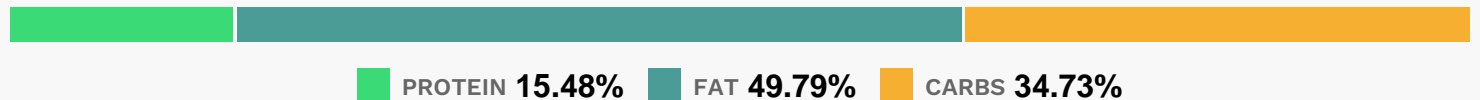
Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- In a large bowl, combine the flour, cornmeal, sugar, baking powder and salt. Stir in oil until the mixture resembles coarse crumbs. Gradually stir in enough milk to form a soft dough.
- Turn onto a floured surface; knead lightly for 30 seconds.
- Roll into two 16-in. x 10-in. rectangles. Crumble uncooked sausage over dough to within 1/2 in. on all sides. Carefully roll up from 16-in. end. Wrap in foil; chill for at least 1 hour.
- Cut into 1/2-in. slices; place 1 in. apart on ungreased baking sheets.
- Bake at 400° for 15–20 minutes or until lightly browned.
- Serve warm or cold. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.74, Glycemic Load:6.57, Inflammation Score:-1, Nutrition Score:2.976086963778%

Nutrients (% of daily need)

Calories: 108.35kcal (5.42%), Fat: 5.91g (9.09%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 8.92g (3.24%), Sugar: 0.72g (0.8%), Cholesterol: 14.07mg (4.69%), Sodium: 188.01mg (8.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.27%), Vitamin B1: 0.14mg (9.22%), Vitamin B3: 1.53mg (7.64%), Selenium: 3.66µg (5.22%), Folate: 19.53µg (4.88%), Vitamin B2: 0.08mg (4.74%), Phosphorus: 46.13mg (4.61%), Iron: 0.74mg (4.09%), Manganese: 0.08mg (3.88%), Zinc: 0.52mg (3.5%), Vitamin B6: 0.07mg (3.48%), Vitamin B12: 0.18µg (3.02%), Vitamin D: 0.29µg (1.92%), Vitamin B5: 0.19mg (1.92%), Potassium: 66.46mg (1.9%), Calcium: 17.83mg (1.78%), Magnesium: 6.33mg (1.58%), Copper: 0.03mg (1.48%), Fiber: 0.36g (1.44%), Vitamin E: 0.16mg (1.04%)