



Snake Bites

READY IN



40 min.

SERVINGS



10

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounces un bologna
- ☐ 1 can crescent rolls
- ☐ 3 egg yolks
- ☐ 10 servings liquid food coloring
- ☐ 10 ounces ham thinly sliced
- ☐ 12 ounces monterey jack grated
- ☐ 2 small pimiento-stuffed olives
- ☐ 1 inch roasted peppers red jarred
- ☐ 10 ounces genoa salami thinly sliced

- ☐ 4 tablespoons spicy mustard
- ☐ 10 servings toothpicks
- ☐ 10 servings toothpicks

Equipment

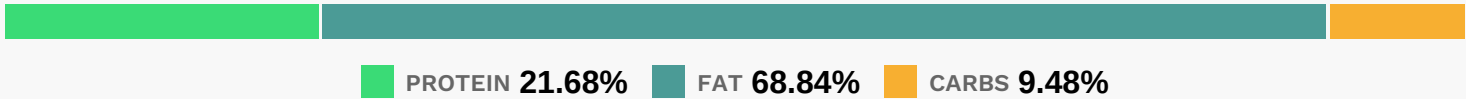
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Line a cookie sheet with foil. Grease the foil and set aside.
- ☐ Dust a flat surface lightly with flour.
- ☐ Spread out the crescent dough do not separate. Pinch together the seams so that you have 1 piece of dough.
- ☐ Roll out to make a large rectangle. Make sure the dough is not stuck to the surface at all.
- ☐ Brush the dough with the mustard, leaving a 1-inch border.
- ☐ Layer the meats down the center of the rectangle, leaving a 1-inch border on either end. You can feel free to use your favorite cold cuts.
- ☐ Top the meats with the cheese. Fold 1 side of the dough over the filling, lengthwise. Then, fold the other 1/2 over and press the seal the filling inside. Take 1 egg yolk, and beat lightly with a fork.
- ☐ Brush the egg yolk over the top of the dough. The yolk will act as the glue to hold. Fold the dough in 1/2 again lengthwise. Pinch the seam with your fingers to seal. Press the outside of the dough to make sure everything is sealed tight and to make an even thickness for the body of your snake. Taper 1 end of the dough to form a tail shape. Form the other end into a head shape.
- ☐ Beat the 2 remaining egg yolks together.
- ☐ Transfer to 3 separate small bowls.

- ☐
- Add some food coloring to each bowl whatever colors you like! Using a clean paintbrush, "paint" the snake with the egg yolk/food coloring mixture.
- ☐
- Transfer the snake to the foil lined sheet tray. Form into an "s" shape so it looks like the snake is slithering. Insert 2 cloves into the head to look like nostrils and 2 stuffed olives for eyes. Create a mouth or tongue with the roasted red peppers.
- ☐
- Bake the snake for 25 minutes, or until golden brown and cooked through.

Nutrition Facts



Properties

Glycemic Index:8.7, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:14.106521619403%

Nutrients (% of daily need)

Calories: 499.83kcal (24.99%), Fat: 38.21g (58.78%), Saturated Fat: 16.78g (104.89%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 11.55g (4.2%), Sugar: 3.8g (4.23%), Cholesterol: 145.58mg (48.53%), Sodium: 1715.44mg (74.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.08g (54.15%), Selenium: 30.61µg (43.74%), Phosphorus: 350.47mg (35.05%), Vitamin B1: 0.52mg (34.78%), Vitamin B12: 1.88µg (31.31%), Calcium: 294.82mg (29.48%), Zinc: 3.68mg (24.56%), Vitamin B2: 0.37mg (22%), Vitamin B6: 0.4mg (19.92%), Vitamin B3: 3.64mg (18.18%), Iron: 1.74mg (9.65%), Potassium: 320.69mg (9.16%), Vitamin B5: 0.8mg (7.99%), Vitamin A: 372.02IU (7.44%), Magnesium: 28.89mg (7.22%), Vitamin D: 0.92µg (6.14%), Copper: 0.1mg (5.22%), Folate: 17.61µg (4.4%), Manganese: 0.06mg (3.05%), Vitamin E: 0.38mg (2.54%), Fiber: 0.29g (1.15%), Vitamin K: 1.07µg (1.02%)