



## Summer sausage rolls



Dairy Free



Popular

READY IN



40 min.

SERVINGS



20

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 large chicken breast skinless
- ☐ 1 garlic clove crushed
- ☐ 3 bacon thinly sliced
- ☐ 4 sun-dried olives chopped
- ☐ 1 handful basil chopped
- ☐ 375 g puff pastry
- ☐ 1 egg yolk beaten
- ☐ 25 g sesame seed

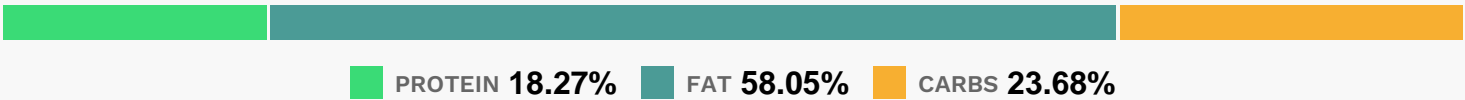
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife

## Directions

- ☐ Whizz the chicken and garlic in a processor until the chicken is minced. Tip in the bacon, sundried tomatoes and basil. Pulse for 5 secs to just mix through. Season well.
- ☐ Roll the pastry sheet on a lightly floured surface and cut in half lengthways.
- ☐ Spread half the chicken mixture along the middle of one of the pastry strips, then roll up the pastry, pinching the ends together to seal. Using a sharp knife, cut into 2.5cm long pieces. Repeat with the remaining pastry strip. Can be frozen, uncooked, for up to 1 month.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Place the rolls on a large baking sheet.
- ☐ Brush with the egg, then sprinkle with seeds.
- ☐ Bake for 20 mins until golden.

## Nutrition Facts



## Properties

Glycemic Index:11.05, Glycemic Load:4.7, Inflammation Score:-1, Nutrition Score:4.8573912978172%

## Nutrients (% of daily need)

Calories: 154.18kcal (7.71%), Fat: 9.91g (15.25%), Saturated Fat: 2.55g (15.94%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 8.62g (3.13%), Sugar: 0.3g (0.33%), Cholesterol: 26.36mg (8.79%), Sodium: 95.78mg (4.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.03%), Selenium: 13.41µg (19.16%), Vitamin B3: 3.37mg (16.83%), Vitamin B6: 0.2mg (9.92%), Phosphorus: 76.54mg (7.65%), Vitamin B1: 0.11mg (7.47%), Manganese: 0.14mg (6.88%), Vitamin B2: 0.09mg (5.2%), Folate: 18.4µg (4.6%), Iron: 0.83mg (4.59%), Copper: 0.09mg (4.35%), Vitamin B5: 0.38mg (3.77%), Magnesium: 14.58mg (3.65%), Potassium: 123.04mg (3.52%), Vitamin K: 3.66µg (3.49%), Zinc: 0.4mg (2.65%), Fiber: 0.48g (1.93%), Calcium: 17.41mg (1.74%), Vitamin B12: 0.08µg (1.32%), Vitamin E: 0.19mg (1.24%)