



Veggie Piglets in Blankets with Dipping Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



322 kcal

SIDE DISH

Ingredients

- 16 mild sausage links to package directions and coin (such as Boca)
- 8 ounce regular crescent rolls reduced-fat
- 0.3 cup dijon mustard
- 0.8 cup honey

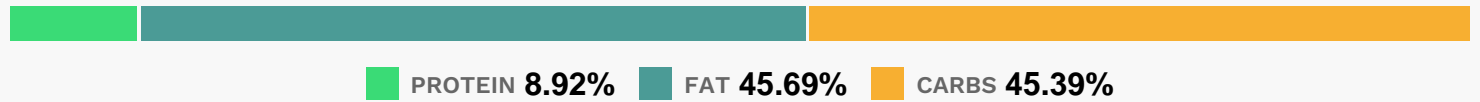
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 37
- Unroll dough; divide along perforations into triangles.
- Cut each dough triangle in half to form 2 triangles. Wrap one dough triangle around center of each breakfast link, starting at wide end of triangle. Arrange wrapped breakfast links on a baking sheet.
- Bake at 375 for 15 minutes or until browned.
- Combine honey and mustard; serve with piglets.

Nutrition Facts



Properties

Glycemic Index:14.03, Glycemic Load:13.68, Inflammation Score:-1, Nutrition Score:3.5034782769887%

Nutrients (% of daily need)

Calories: 322.18kcal (16.11%), Fat: 16.97g (26.11%), Saturated Fat: 6.09g (38.06%), Carbohydrates: 37.94g (12.65%), Net Carbohydrates: 37.54g (13.65%), Sugar: 29.04g (32.26%), Cholesterol: 28.8mg (9.6%), Sodium: 563.81mg (24.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.91%), Vitamin B3: 1.96mg (9.82%), Vitamin B1: 0.12mg (8.31%), Vitamin B6: 0.14mg (6.77%), Zinc: 0.99mg (6.58%), Phosphorus: 63.67mg (6.37%), Iron: 1.06mg (5.88%), Vitamin B12: 0.34µg (5.67%), Selenium: 2.9µg (4.14%), Vitamin B2: 0.07mg (3.88%), Potassium: 127.4mg (3.64%), Vitamin D: 0.52µg (3.47%), Vitamin B5: 0.31mg (3.13%), Manganese: 0.06mg (2.99%), Magnesium: 9.97mg (2.49%), Copper: 0.04mg (2.18%), Fiber: 0.4g (1.59%), Calcium: 10.41mg (1.04%)