



Wienie Rollups

READY IN



45 min.

SERVINGS



32

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup warm barbecue sauce
- 8 ounce block cheddar cheese
- 16 ounce cocktail franks
- 16 ounce crescent rolls refrigerated canned

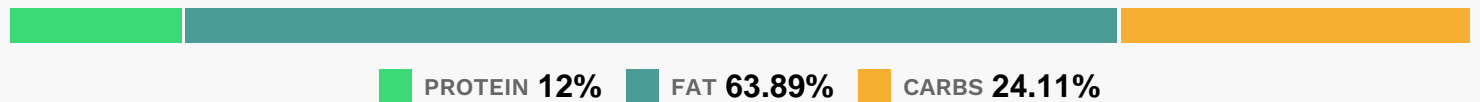
Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Unroll crescent roll dough (do not separate into triangles), and cut into 32 (1-inch-wide) strips.
- Cut block of cheese lengthwise to make 2 rectangular blocks; slice each block into 16 slices.
- Place 1 cocktail frank and 1 cheese slice on each dough strip, and roll up tightly, pinching seams to seal.
- Place rollups on an aluminum foil-lined baking sheet; bake at 375 for 12 to 15 minutes or until golden.
- Serve immediately with barbecue sauce.
- NOTE: For testing purposes only, we used Bryan Cocktail Smokies for cocktail franks.

Nutrition Facts



Properties

Glycemic Index:0.84, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.4121739280451%

Nutrients (% of daily need)

Calories: 128.88kcal (6.44%), Fat: 9.33g (14.35%), Saturated Fat: 3.98g (24.86%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 7.88g (2.87%), Sugar: 3.12g (3.47%), Cholesterol: 16.16mg (5.39%), Sodium: 348.52mg (15.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Phosphorus: 63.4mg (6.34%), Calcium: 53.14mg (5.31%), Zinc: 0.55mg (3.65%), Selenium: 2.06µg (2.95%), Iron: 0.39mg (2.14%), Vitamin B2: 0.03mg (1.99%), Copper: 0.03mg (1.7%), Vitamin A: 81.03IU (1.62%), Vitamin B12: 0.08µg (1.25%), Magnesium: 4.9mg (1.23%), Potassium: 40.35mg (1.15%)