



Witches' Fingers in Bandages

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 oz hot dogs
- ☐ 0.3 cup catsup
- ☐ 8 oz puff pastry frozen thawed

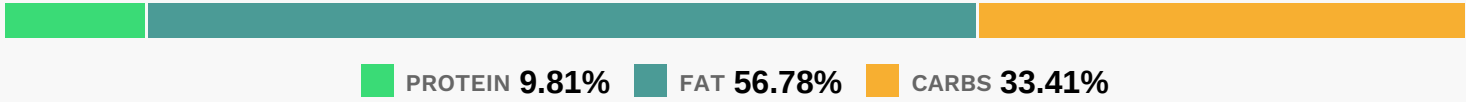
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cut off 1/2 inch diagonally from one end of each hot dog, to create a "fingernail."
- ☐ Cut puff pastry into 1/2 -inch-by-3-inch strips. Wrap each hot dog in a piece of pastry, overlapping edges slightly and leaving both ends visible.
- ☐ Place "fingers" seam side down on a baking sheet. Freeze for 15 minutes, or cover and freeze for up to 1 week.
- ☐ Preheat oven to 375F.
- ☐ Bake until pastry is puffed and golden, 20 minutes.
- ☐ Spread ketchup onto each "fingernail" and serve hot.

Nutrition Facts



Properties

Glycemic Index:5.6, Glycemic Load:4.86, Inflammation Score:-1, Nutrition Score:3.1965217544981%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 143.37kcal (7.17%), Fat: 9.13g (14.05%), Saturated Fat: 2.64g (16.51%), Carbohydrates: 12.09g (4.03%), Net Carbohydrates: 11.85g (4.31%), Sugar: 0.96g (1.07%), Cholesterol: 10.21mg (3.4%), Sodium: 229.06mg (9.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Selenium: 9.7µg (13.85%), Vitamin B1: 0.12mg (7.67%), Vitamin B3: 1.53mg (7.66%), Vitamin B2: 0.11mg (6.64%), Folate: 23.27µg (5.82%), Iron: 0.94mg (5.2%), Manganese: 0.1mg (4.94%), Zinc: 0.55mg (3.63%), Phosphorus: 32.56mg (3.26%), Vitamin K: 2.55µg (2.43%), Vitamin B12: 0.12µg (1.97%), Copper: 0.04mg (1.92%), Potassium: 53.58mg (1.53%), Magnesium: 5.89mg (1.47%), Vitamin B5: 0.12mg (1.2%), Vitamin B6: 0.02mg (1.04%)