

Apple-Cheddar Pigs in a Blanket

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Yield: 48 appetizers

*1 package (17.3 ounce) puff pastry
(two sheets), thawed*

*1 eight-ounce block sharp cheddar
cheese*

*2 packages (12 ounce ea) fully cooked
apple chicken sausage*

1 egg, beaten

caraway seeds

grainy mustard

Preheat the oven to 400 degrees.

On a floured surface, roll out the two puff pastry sheets to 13x9-inch rectangles. Cut each sheet into four pieces.

Slice the block of cheddar cheese lengthwise into eight strips (5-1/2x1-inch pieces). Place one cheese strip onto each puff pastry piece. Place an apple chicken sausage on each puff pastry piece. Brush the edges with beaten egg.

Wrap the pastry around the cheese and sausage and pinch the edges and ends to enclose. Brush the pastry with egg and sprinkle with caraway seeds.

Refrigerate for 30 minutes.

Slice each pastry-wrapped sausage into six pieces. Place the pieces on parchment-lined baking sheets.

Bake for 15 to 18 minutes or until golden brown.

Serve with grainy mustard.

Per Serving (excluding unknown items): 531 Calories; 43g Fat (72.5% calories from fat); 35g Protein; 2g Carbohydrate; 0g Dietary Fiber; 331mg Cholesterol; 774mg Sodium. Exchanges: 5 Lean Meat; 5 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-----------|-----------------------------|--------|
| Calories (kcal): | 531 | Vitamin B6 (mg): | .2mg |
| % Calories from Fat: | 72.5% | Vitamin B12 (mcg): | 1.6mcg |
| % Calories from Carbohydrates: | 1.4% | Thiamin B1 (mg): | .1mg |
| % Calories from Protein: | 26.1% | Riboflavin B2 (mg): | .7mg |
| Total Fat (g): | 43g | Folacin (mcg): | 45mcg |
| Saturated Fat (g): | 25g | Niacin (mg): | trace |
| Monounsaturated Fat (g): | 13g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 2g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 331mg | % Refused: | n n% |
| Carbohydrate (g): | 2g | Food Exchanges | |
| Dietary Fiber (g): | 0g | Grain (Starch): | 0 |
| Protein (g): | 35g | Lean Meat: | 5 |
| Sodium (mg): | 774mg | Vegetable: | 0 |
| Potassium (mg): | 179mg | Fruit: | 0 |
| Calcium (mg): | 844mg | Non-Fat Milk: | 0 |
| Iron (mg): | 2mg | Fat: | 5 1/2 |
| Zinc (mg): | 4mg | Other Carbohydrates: | 0 |
| Vitamin C (mg): | 0mg | | |
| Vitamin A (i.u.): | 1445IU | | |
| Vitamin A (r.e.): | 430 1/2RE | | |

Nutrition Facts

| | |
|-------------------------------|------------------------|
| Amount Per Serving | |
| Calories 531 | Calories from Fat: 384 |
| % Daily Values* | |
| Total Fat 43g | 65% |
| Saturated Fat 25g | 127% |
| Cholesterol 331mg | 110% |
| Sodium 774mg | 32% |
| Total Carbohydrates 2g | 1% |
| Dietary Fiber 0g | 0% |
| Protein 35g | |
| Vitamin A | 29% |
| Vitamin C | 0% |
| Calcium | 84% |
| Iron | 9% |

* Percent Daily Values are based on a 2000 calorie diet.