# **Spicy Sausage Roll-Ups**

The Essential Appetizers Cookbook (1999) Whitecap Books

## Yield: 25 appetizers

2 sheets frozen shortcrust pastry 2 tablespoons French mustard 5 sticks cabanossi (dry Polish sausage) 1 egg yolk, beaten

#### Preparation Time: 20 minutes Cook Time: 20 minutes Preheat the oven to 400 degrees

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Cut each pastry sheet in half. Cut triangles with bases of 2-1/2 inches. Place a small dab of mustard at the base of each pastry piece. Cut the cabanossi into 2-1/2-inch lengths. Place across the mustard on the pastry triangles.

Dampen the tips of the triangles with a little water. Working from the base, roll each pastry triangle around the pieces of cabanossi. Press lightly to secure the tip to the rest of the pastry.

Place the roll-ups on a lightly greased baking sheet. Brush with a mixture of egg yolk and two teaspoons of cold water.

Bake for 15 to 20 minutes or until the roll-ups are golden brown.

These can be made up to two days in advance, refrigerated, then gently reheated in the oven when required.

Per Serving (excluding unknown items): 59 Calories; 5g Fat (79.0% calories from fat); 3g Protein; trace Carbohydrate; 0g Dietary Fiber; 213mg Cholesterol; 7mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fat.

**Appetizers** 

### Bar Canvina Nutritianal Analysia

Calories (kcal):	59
% Calories from Fat:	79.0%
% Calories from Carbohydrates:	2.0%

Vitamin B6 (mg): Vitamin B12 (mcg): Thiamin B1 (mg): .1mg .5mcg trace

% Calories from Protein:	19.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	24mcg
Saturated Fat (g):	2g	Niacin (mg):	0mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	213mg	% Dofuso	በ በ%
Carbohydrate (g):	trace	Food Exchanges	
Dietary Fiber (g):	Og	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	1/2
Sodium (mg):	7mg	Vegetable:	0
Potassium (mg):	16mg	Fruit:	0
Calcium (mg):	23mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	Omg		Ŭ
Vitamin A (i.u.):	323IU		
Vitamin A (r.e.):	97RE		

# **Nutrition Facts**

•	Amount Per Serving			
Calories 59	Calories from Fat: 47			
	% Daily Values*			
Total Fat 5g	8%			
Saturated Fat 2g	8%			
Cholesterol 213mg	71%			
Sodium 7mg	0%			
Total Carbohydrates trace	0%			
Dietary Fiber 0g	0%			
Protein 3g				
Vitamin A	6%			
Vitamin C	0%			
Calcium	2%			
Iron	3%			

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