

Spiced Pigs with Yogurt Dip

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*1 pound merguez or spicy veal
sausages*
*2 packages (8 ounce ea) refrigerated
crescent dough*
1 1/2 cups plain Greek yogurt
1/2 cup sour cream
2 scallions, finely chopped
2 tablespoons fresh lemon juice
1 tablespoon paprika
1 clove garlic, minced
1/2 teaspoon ground cumin
salt
pepper

Preheat the oven to 375 degrees.

Line two baking sheets with parchment paper.

In a skillet over medium heat, cook the sausages until done, about 10 minutes. Let cool slightly. Slice each link into 1-1/2- to 2-inch pieces.

Unwrap the crescent dough and separate into triangles. Cut each triangle in half to form two triangles, Wrap the dough around the sausage pieces, starting at the shortest side of the triangles.

Bake the pigs on the baking sheets until golden, about 12 minutes.

Meanwhile, make the dip: In a large bowl, whisk the yogurt with the sour cream. Stir in the scallions, lemon juice, paprika, garlic and cumin. Season with salt and pepper.

Serve the pigs with chilled dip.

Per Serving (excluding unknown items): 292 Calories; 25g Fat (73.3% calories from fat); 6g Protein; 15g Carbohydrate; 3g Dietary Fiber; 51mg Cholesterol; 71mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 5 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	292	Vitamin B6 (mg):	.2mg
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% Calories from Fat:	73.3%
% Calories from Carbohydrates:	19.4%
% Calories from Protein:	7.3%
Total Fat (g):	25g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	51mg
Carbohydrate (g):	15g
Dietary Fiber (g):	3g
Protein (g):	6g
Sodium (mg):	71mg
Potassium (mg):	478mg
Calcium (mg):	185mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	27mg
Vitamin A (i.u.):	5224IU
Vitamin A (r.e.):	703 1/2RE

Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	43mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	1/2
Fat:	5
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 292	Calories from Fat: 214
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% Daily Values*

Total Fat 25g	39%
Saturated Fat 15g	76%
Cholesterol 51mg	17%
Sodium 71mg	3%
Total Carbohydrates 15g	5%
Dietary Fiber 3g	10%
Protein 6g	
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Vitamin A	104%
Vitamin C	44%
Calcium	18%
Iron	16%

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