



Apple-Chicken Sausage With Apricot-Pepper Relish



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



6

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.3 cup apricot preserves
- ☐ 0.5 cup chicken broth
- ☐ 24 oz chicken-and-apple sausage links smoked cut in half lengthwise
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion thinly sliced
- ☐ 2 large bell peppers red cut into thin strips

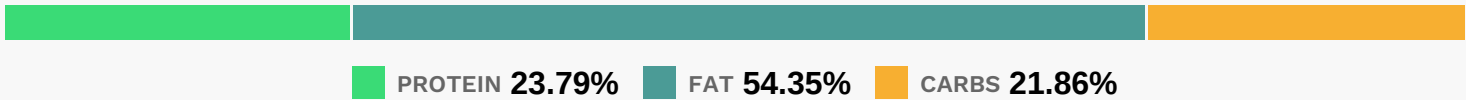
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Whisk together chicken broth, preserves, and cider vinegar.
- ☐ Cook sausage, in batches, in hot oil in a nonstick skillet over medium-high heat 3 to 5 minutes or until browned.
- ☐ Add peppers and onion; saut 2 minutes.
- ☐ Add broth mixture, and reduce heat to medium; cover and cook 4 minutes.
- ☐ Serve with a slotted spoon.
- ☐ Note: We tested with Emeril's Chicken & Apple Gourmet Chicken Smoked Sausage.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:1.08, Inflammation Score:-9, Nutrition Score:8.8682609255547%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 294.53kcal (14.73%), Fat: 18.57g (28.56%), Saturated Fat: 3.7g (23.12%), Carbohydrates: 16.8g (5.6%), Net Carbohydrates: 15.31g (5.57%), Sugar: 8.81g (9.79%), Cholesterol: 80.45mg (26.82%), Sodium: 1239.75mg (53.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.29g (36.57%), Vitamin C: 73.79mg (89.44%), Vitamin A: 2132.88IU (42.66%), Vitamin B6: 0.18mg (9.15%), Vitamin E: 1.22mg (8.16%), Iron: 1.32mg (7.32%), Folate: 28.73µg

(7.18%), Fiber: 1.49g (5.96%), Manganese: 0.1mg (5.2%), Potassium: 155.08mg (4.43%), Vitamin K: 4.16µg (3.96%), Vitamin B2: 0.07mg (3.83%), Vitamin B3: 0.6mg (3.01%), Vitamin B1: 0.04mg (2.8%), Magnesium: 9.11mg (2.28%), Phosphorus: 20.81mg (2.08%), Vitamin B5: 0.2mg (2%), Copper: 0.03mg (1.47%), Zinc: 0.19mg (1.26%), Calcium: 11mg (1.1%)