



Apricot, bacon & sausage skewers



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 bacon halved
- ☐ 1 tbsp dijon mustard english
- ☐ 16 small sausage
- ☐ 16 apricot dried (soaking optional)
- ☐ 16 bay leaf fresh

Equipment

- ☐ oven
- ☐ knife

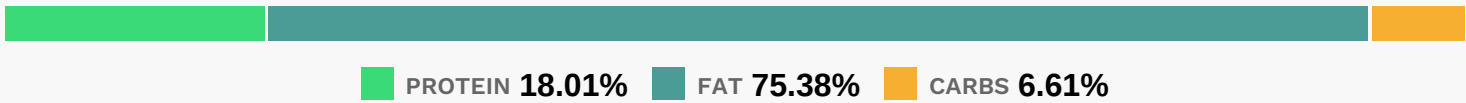
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skewers

Directions

- ☐ Run a knife along the length of the bacon rashers so they stretch a little, spread lightly with the mustard, then cut in half. Use the bacon to wrap a sausage and apricot together, then spear onto short skewers with bay leaves, allowing 2 rolls per person. Roast skewers in the oven with the turkey for 30–40 mins until golden.
- ☐ Serve on the platter alongside the turkey.

Nutrition Facts



Properties

Glycemic Index:7.68, Glycemic Load:2.96, Inflammation Score:-5, Nutrition Score:14.23695669226%

Nutrients (% of daily need)

Calories: 651.38kcal (32.57%), Fat: 54.16g (83.32%), Saturated Fat: 17.9g (111.87%), Carbohydrates: 10.69g (3.56%), Net Carbohydrates: 9.47g (3.44%), Sugar: 8.79g (9.76%), Cholesterol: 136.92mg (45.64%), Sodium: 1387.86mg (60.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.11g (58.23%), Vitamin B3: 9.3mg (46.49%), Vitamin B1: 0.53mg (35.38%), Vitamin B6: 0.61mg (30.25%), Phosphorus: 272.77mg (27.28%), Zinc: 4.02mg (26.79%), Vitamin B12: 1.55µg (25.92%), Potassium: 651.82mg (18.62%), Vitamin D: 2.3µg (15.32%), Vitamin A: 724.65IU (14.49%), Vitamin B2: 0.24mg (13.99%), Iron: 2.49mg (13.83%), Vitamin B5: 1.35mg (13.45%), Copper: 0.18mg (8.86%), Magnesium: 31.8mg (7.95%), Vitamin E: 1.11mg (7.4%), Selenium: 4.78µg (6.83%), Fiber: 1.22g (4.88%), Manganese: 0.06mg (3.24%), Calcium: 26.87mg (2.69%), Vitamin C: 1.44mg (1.75%), Vitamin K: 1.18µg (1.12%)