



Bangers & beans in a pan

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 454 g sausage chopped
- ☐ 1 small onion chopped
- ☐ 3 slices carrots thick chopped
- ☐ 4 celery stalks washed sliced into chunks (finely chop the leaves if there are any)
- ☐ 400 ml vegetable stock hot
- ☐ 1 tbsp dijon mustard english (or 2 tsp ready-made mustard)
- ☐ 1 small handful parsley fresh chopped

- ☐ 4 servings top
- ☐ 2 frangelico mixed drained and rinsed cold canned (or other beans)
- ☐ 820 g frangelico mixed drained and rinsed cold canned (or other beans)

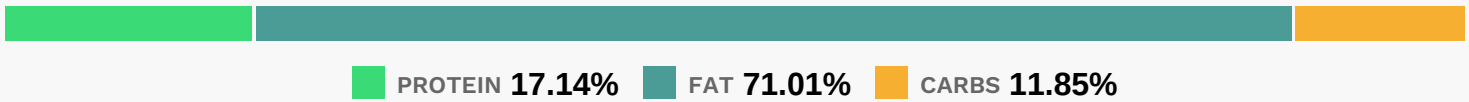
Equipment

- ☐ frying pan

Directions

- ☐ Cook the sausages.
- ☐ Heat the oil over a high-ish heat in a wide shallow pan that has a lid.
- ☐ Put the chopped sausages into the pan and sizzle for 5 minutes, stirring occasionally, until theyre browned on all sides.
- ☐ Do the veg and beans. Throw in the onion, carrots and celery (not the leaves) and cook for 5 minutes until the onion looks see-through. Tip in the beans, give a good stir, then pour in the stock and bring to the boil, stirring. Cover and simmer for 10-15 minutes until the carrots are tender.
- ☐ Finish the dish. Stir in the mustard and parsley with any chopped celery leaves, then season to taste with salt and pepper. (The bangers and beans may now be frozen whole or as single portions for up to two months.)
- ☐ Serve hot, with chunks of crusty bread to mop up the sauce.

Nutrition Facts



Properties

Glycemic Index:72.83, Glycemic Load:4.27, Inflammation Score:-10, Nutrition Score:17.164782583714%

Flavonoids

Apigenin: 2.27mg, Apigenin: 2.27mg, Apigenin: 2.27mg, Apigenin: 2.27mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 435.53kcal (21.78%), Fat: 34.24g (52.67%), Saturated Fat: 10.57g (66.08%), Carbohydrates: 12.86g (4.29%), Net Carbohydrates: 9.88g (3.59%), Sugar: 6.52g (7.24%), Cholesterol: 81.72mg (27.24%), Sodium: 1511.54mg (65.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.59g (37.18%), Vitamin A: 15685.24IU (313.7%), Vitamin K: 36.43µg (34.7%), Vitamin B3: 6.33mg (31.66%), Vitamin B1: 0.39mg (25.96%), Vitamin B6: 0.5mg (24.98%), Phosphorus: 192.91mg (19.29%), Zinc: 2.74mg (18.26%), Potassium: 616.94mg (17.63%), Vitamin B12: 0.96µg (16.08%), Vitamin B2: 0.2mg (11.99%), Fiber: 2.98g (11.91%), Vitamin C: 8.94mg (10.84%), Vitamin B5: 1.05mg (10.5%), Vitamin D: 1.48µg (9.84%), Iron: 1.68mg (9.34%), Manganese: 0.17mg (8.5%), Vitamin E: 1.12mg (7.48%), Magnesium: 29.88mg (7.47%), Folate: 26.03µg (6.51%), Copper: 0.13mg (6.37%), Calcium: 47.94mg (4.79%)