



Bean & sausage hotpot



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



876 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

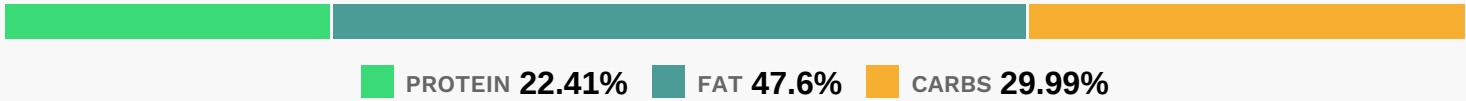
- ☐ 8 large sausage (course-cut ones like Toulouse or Cumberland are ideal)
- ☐ 0.3 tomato sauce well (see 'Goes with')
- ☐ 1200 g shell beans canned
- ☐ 1 tbsp muscovado sugar black
- ☐ 1 tsp dijon mustard english

Equipment

Directions

- ☐ In a large casserole, fry the sausages until brown all over about 10 mins.
- ☐ Add the tomato sauce, stirring well, then stir in the beans, treacle or sugar and mustard. Bring to the simmer, cover and cook for 30 mins. Great served with crusty bread or rice.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:13.12, Inflammation Score:-7, Nutrition Score:34.64739112232%

Nutrients (% of daily need)

Calories: 875.65kcal (43.78%), Fat: 46.39g (71.37%), Saturated Fat: 15.23g (95.18%), Carbohydrates: 65.75g (21.92%), Net Carbohydrates: 44.75g (16.27%), Sugar: 11.77g (13.08%), Cholesterol: 122.4mg (40.8%), Sodium: 1194.59mg (51.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.14g (98.28%), Fiber: 21g (84%), Manganese: 1.56mg (77.92%), Vitamin B1: 0.95mg (63.37%), Folate: 250.74µg (62.68%), Phosphorus: 562.64mg (56.26%), Potassium: 1949.78mg (55.71%), Iron: 9.08mg (50.44%), Vitamin B6: 1mg (50.22%), Vitamin B3: 9.26mg (46.31%), Zinc: 6.54mg (43.6%), Copper: 0.82mg (40.93%), Magnesium: 153.08mg (38.27%), Vitamin B5: 2.41mg (24.11%), Vitamin B12: 1.45µg (24.08%), Vitamin B2: 0.37mg (21.91%), Selenium: 13.54µg (19.34%), Vitamin D: 2.21µg (14.73%), Calcium: 68.8mg (6.88%), Vitamin K: 6.68µg (6.36%), Vitamin E: 0.86mg (5.76%), Vitamin A: 127.77IU (2.56%), Vitamin C: 1.19mg (1.45%)