



Carrot and Black Bean Sausages



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



109 kcal

SIDE DISH

Ingredients

- ☐ 3 tsp piri piri spice
- ☐ 400 g black beans canned tinned
- ☐ 150 g carrots
- ☐ 3 tsp flax seeds (linseeds)
- ☐ 1 tsp ground cumin
- ☐ 50 g porridge oats
- ☐ 8 servings grinding of pepper black good
- ☐ 200 g potatoes

☐ 3 tsp wholegrain mustard

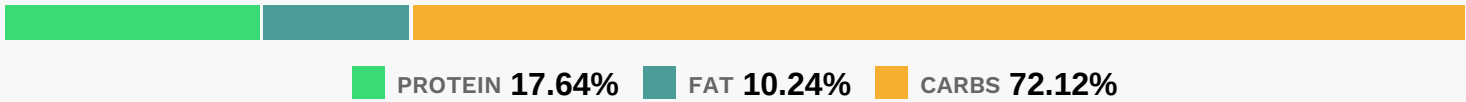
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Boil or steam the potatoes until soft and mash.
- ☐ Grate the carrots.
- ☐ In a large bowl combine all the ingredients and mix until well combined.
- ☐ Roll mixture into balls about the size of a golf ball or a little larger, then roll out into a sausage shapes.
- ☐ Chill in the fridge until you are ready to cook them.
- ☐ To cook, either heat a little oil in a frying pan and cook until brown and crispy or pop in the oven for 15 to 20 minutes.
- ☐ These can be frozen.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:34.57, Glycemic Load:5.29, Inflammation Score:-9, Nutrition Score:11.32782615786%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 109.36kcal (5.47%), Fat: 1.3g (1.99%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 20.55g (6.85%), Net Carbohydrates: 14.17g (5.15%), Sugar: 1.27g (1.41%), Cholesterol: 0mg (0%), Sodium: 228.68mg (9.94%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 5.03g (10.05%), Vitamin A: 3171.37IU (63.43%), Manganese: 0.56mg (27.87%), Fiber: 6.38g (25.52%), Vitamin K: 14.82µg (14.11%), Iron: 2.42mg (13.43%), Folate: 45.6µg (11.4%), Phosphorus: 113.83mg (11.38%), Magnesium: 45.51mg (11.38%), Potassium: 382.92mg (10.94%), Vitamin B1: 0.16mg (10.54%), Copper: 0.19mg (9.31%), Vitamin C: 7.46mg (9.04%), Vitamin B6: 0.16mg (8.03%), Calcium: 66.28mg (6.63%), Vitamin B2: 0.1mg (6.02%), Selenium: 3.57µg (5.11%), Zinc: 0.74mg (4.92%), Vitamin B3: 0.97mg (4.86%), Vitamin E: 0.51mg (3.4%), Vitamin B5: 0.32mg (3.22%)