



HEALTH SCORE

99%

Chestnut & cranberry roll



Very Healthy

READY IN



90 min.

SERVINGS



2

CALORIES



4048 kcal

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 onion finely chopped
- ☐ 2 bramley apples peeled
- ☐ 1350 g packs pork sausage
- ☐ 400 g packs vacuum-packed chestnuts roughly chopped
- ☐ 1 small bunch parsley roughly chopped
- ☐ 1 small bunch sage roughly chopped
- ☐ 1 small bunch thyme leaves
- ☐ 1 eggs

- ☐ 100 g breadcrumb white
- ☐ 175 g cranberry fresh
- ☐ 24 rashers streaky bacon
- ☐ 2 servings butter for greasing

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Heat the oil in a large frying pan, then gently fry the onion for 5 mins until softened. Finely chop the apples either by hand or in a food processor.
- ☐ Squeeze the sausagemeat from the sausages into a large bowl, then add all the other ingredients, except the cranberries and streaky bacon. Season generously, then get your hands in and mix well. Weigh out 450g of the stuffing and mix a handful of the cranberries into it. Use to stuff the neck of the turkey (see 'Goes well with').
- ☐ To assemble, butter and season a large sheet of foil. Stretch out the bacon rashers slightly with the back of a kitchen knife, then overlap 12 rashers on the foil. Spoon half of the stuffing mix evenly over the bacon, leaving a border of about 3cm. Scatter with half the cranberries, then pat them in. Tuck the long edges of the bacon over the stuffing; then, using the foil to help, roll the stuffing up into a log shape. Repeat to make a second roll.
- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Put the foil-wrapped rolls onto a roasting tin and roast for 45 mins. Unwrap, draining off any juice, then finish roasting for 15 mins until the bacon is crisp.

Nutrition Facts



 **PROTEIN 14.99%**  **FAT 67.91%**  **CARBS 17.1%**

Properties

Glycemic Index:156.5, Glycemic Load:59.16, Inflammation Score:-10, Nutrition Score:80.227390786876%

Flavonoids

Cyanidin: 43.48mg, Cyanidin: 43.48mg, Cyanidin: 43.48mg, Cyanidin: 43.48mg Delphinidin: 6.71mg, Delphinidin: 6.71mg, Delphinidin: 6.71mg, Delphinidin: 6.71mg Malvidin: 0.38mg, Malvidin: 0.38mg, Malvidin: 0.38mg, Malvidin: 0.38mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 43.05mg, Peonidin: 43.05mg, Peonidin: 43.05mg, Peonidin: 43.05mg Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 17.53mg, Epicatechin: 17.53mg, Epicatechin: 17.53mg, Epicatechin: 17.53mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 1.19mg, Epigallocatechin 3-gallate: 1.19mg, Epigallocatechin 3-gallate: 1.19mg, Epigallocatechin 3-gallate: 1.19mg Apigenin: 61.47mg, Apigenin: 61.47mg, Apigenin: 61.47mg, Apigenin: 61.47mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 10.05mg, Myricetin: 10.05mg, Myricetin: 10.05mg, Myricetin: 10.05mg Quercetin: 31.53mg, Quercetin: 31.53mg, Quercetin: 31.53mg, Quercetin: 31.53mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 4048.12kcal (202.41%), Fat: 303.15g (466.38%), Saturated Fat: 100.04g (625.26%), Carbohydrates: 171.78g (57.26%), Net Carbohydrates: 159.49g (58%), Sugar: 28.42g (31.58%), Cholesterol: 752.83mg (250.94%), Sodium: 6496.37mg (282.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 150.58g (301.15%), Copper: 17.08mg (854.19%), Vitamin K: 486.63µg (463.46%), Vitamin B3: 48.63mg (243.15%), Vitamin B1: 3.47mg (231.51%), Vitamin B6: 3.79mg (189.64%), Vitamin C: 150.92mg (182.94%), Phosphorus: 1560.79mg (156.08%), Zinc: 20.44mg (136.25%), Vitamin B12: 7.44µg (123.95%), Manganese: 2.23mg (111.74%), Potassium: 3831.08mg (109.46%), Selenium: 72.86µg (104.08%), Iron: 16.51mg (91.74%), Vitamin B2: 1.5mg (88.02%), Vitamin B5: 8.12mg (81.24%), Vitamin A: 3547.42IU (70.95%), Vitamin D: 10.27µg (68.47%), Magnesium: 256.35mg (64.09%), Folate: 247.74µg (61.94%), Fiber: 12.29g (49.15%), Vitamin E: 5.52mg (36.8%), Calcium: 328.29mg (32.83%)