



Cook the Book: Sausage Canapés

 **Gluten Free**

READY IN



45 min.

SERVINGS



10

CALORIES



99 kcal

SIDE DISH

Ingredients

- 2 teaspoons rosemary leaves fresh finely chopped
- 2 teaspoons sage fresh finely chopped
- 0.5 pound sausage (sweet italian with or without fennel), removed from casings
- 2 tablespoons butter unsalted

Equipment

- bowl
- baking sheet
- oven

plastic wrap

broiler

Directions

Preheat the oven to 375°F.

In a small bowl, combine all of the ingredients except the bread. With a fork, work them together until well blended.

Spread each slice of bread with an approximately 1/8-inch layer of sausage. Cover to the very edge.

Place the crostini on a baking sheet. They can be prepared ahead and kept covered with plastic wrap.

Bake for 10 minutes. Run under the broiler for 30 seconds or so to brown the tops.

Serve hot.

Nutrition Facts

 **PROTEIN 13.28%** **FAT 85.82%** **CARBS 0.9%**

Properties

Glycemic Index:2.8, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:4.776087032712%

Nutrients (% of daily need)

Calories: 99.16kcal (4.96%), Fat: 9.4g (14.46%), Saturated Fat: 4.01g (25.04%), Carbohydrates: 0.22g (0.07%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0g (0%), Cholesterol: 23.26mg (7.75%), Sodium: 166.12mg (7.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.55%), Copper: 1.23mg (61.56%), Vitamin B1: 0.13mg (8.68%), Selenium: 5.65µg (8.08%), Vitamin B3: 0.74mg (3.69%), Vitamin B12: 0.21µg (3.52%), Vitamin B6: 0.07mg (3.41%), Phosphorus: 33.04mg (3.3%), Zinc: 0.42mg (2.77%), Manganese: 0.05mg (2.66%), Vitamin B2: 0.04mg (2.33%), Iron: 0.31mg (1.75%), Potassium: 59.89mg (1.71%), Vitamin A: 70.56IU (1.41%), Vitamin B5: 0.12mg (1.19%)