



Fennel Sausage with Wrinkled Grapes and Grape Extract



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



198 kcal

SIDE DISH

Ingredients

- ☐ 1 pound grapes rinsed
- ☐ 2 tablespoons olive oil
- ☐ 4 servings parsley for garnish
- ☐ 0.3 cup pinenuts toasted

Equipment

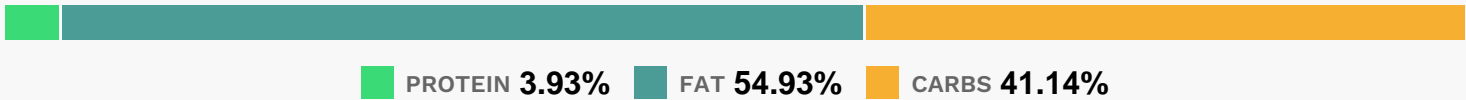
- ☐ food processor
- ☐ frying pan

- ☐ sieve
- ☐ blender

Directions

- ☐ In a large, heavy skillet, heat the olive oil over medium heat until shimmering.
- ☐ Add the sausages and cook, turning occasionally, until golden and thoroughly browned all over.
- ☐ In the meantime, puree 1 heaping cup of the grapes in a blender or small food processor. Press the puree through a strainer to collect the juice, then discard the pulp.
- ☐ Once the sausages are golden on all sides, add the grape juice and remaining grapes. Cook until the sausages are cooked through, then remove them to a platter and turn the heat to high. Reduce the sauce until sweet and rich and the grapes are collapsing.
- ☐ Serve with the pine nuts and parsley for garnish.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:9.01, Inflammation Score:-5, Nutrition Score:10.526956366456%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 198.35kcal (9.92%), Fat: 12.98g (19.98%), Saturated Fat: 1.45g (9.04%), Carbohydrates: 21.88g (7.29%), Net Carbohydrates: 20.42g (7.43%), Sugar: 17.91g (19.9%), Cholesterol: 0mg (0%), Sodium: 4.82mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Vitamin K: 90.92µg (86.59%), Manganese: 0.83mg (41.48%), Vitamin E: 2.04mg (13.6%), Copper: 0.26mg (13.07%), Vitamin C: 9.02mg (10.93%), Vitamin A: 414.25IU (8.28%), Potassium: 289.19mg (8.26%), Magnesium: 31.12mg (7.78%), Vitamin B1: 0.11mg (7.49%), Phosphorus: 73.52mg (7.35%), Iron: 1.16mg (6.46%), Vitamin B2: 0.1mg (6.03%), Fiber: 1.46g (5.86%), Vitamin B6: 0.11mg (5.45%), Zinc: 0.67mg (4.44%), Vitamin B3: 0.64mg (3.18%), Folate: 11.22µg (2.8%), Calcium: 18.28mg (1.83%)