



Glazed Apples and Sausage

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds mild sausage links to package directions and coin uncooked
- 2 large baking apples are apples that have a sweet-tart balance and hold their shape when peeled sliced
- 1 large onion chopped
- 0.3 cup water
- 0.3 cup brown sugar packed

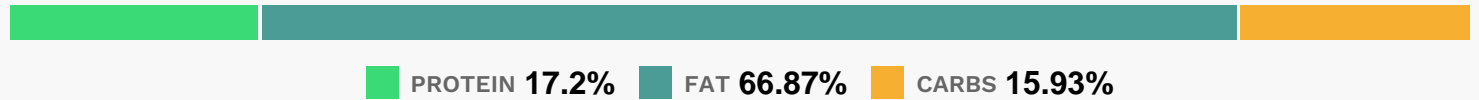
Equipment

- sauce pan

Directions

- Cook the sausage according to package directions. Meanwhile, in a large saucepan, combine the apples, onion, water and brown sugar. Cook over medium heat for 5–8 minutes, stirring occasionally.
- Add the sausage; heat through.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:2.42, Inflammation Score:-2, Nutrition Score:8.6969565308612%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

Nutrients (% of daily need)

Calories: 407.35kcal (20.37%), Fat: 30.2g (46.46%), Saturated Fat: 10g (62.49%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 14.53g (5.28%), Sugar: 13.26g (14.74%), Cholesterol: 81.65mg (27.22%), Sodium: 724.94mg (31.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.47g (34.94%), Vitamin B3: 5.41mg (27.07%), Vitamin B1: 0.33mg (22%), Vitamin B6: 0.4mg (19.76%), Zinc: 2.52mg (16.79%), Phosphorus: 164.93mg (16.49%), Vitamin B12: 0.96µg (16.06%), Potassium: 377.4mg (10.78%), Vitamin D: 1.47µg (9.83%), Vitamin B2: 0.16mg (9.29%), Vitamin B5: 0.83mg (8.27%), Iron: 1.41mg (7.85%), Fiber: 1.66g (6.63%), Vitamin C: 4.75mg (5.75%), Magnesium: 21.26mg (5.31%), Copper: 0.1mg (5.1%), Manganese: 0.05mg (2.69%), Calcium: 23.87mg (2.39%), Vitamin A: 115.53IU (2.31%), Vitamin E: 0.32mg (2.13%), Vitamin K: 1.76µg (1.67%), Folate: 6.44µg (1.61%)