



## Glazed honey & mustard sausages



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



224 kcal

SIDE DISH

## Ingredients

- ☐ 2 tbsp unrefined sunflower oil
- ☐ 48 little wieners separated
- ☐ 3 tbsp clear honey
- ☐ 3 tbsp dijon mustard
- ☐ 8 servings ketchup and mustard

## Equipment

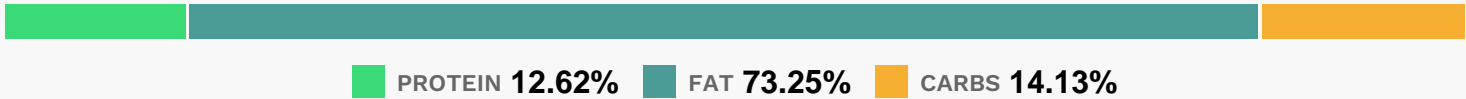
- ☐ bowl
- ☐ oven

☐ cocktail sticks

## Directions

- ☐ Preheat the oven to 200C/Gas 6/fan oven 180C.
- ☐ Pour the oil into a large roasting tin and heat in the oven for 3–4 minutes. Tip the sausages into the roasting tin and toss to lightly coat in the oil. Roast for 20–25 minutes or until browned and cooked through.
- ☐ Drain the sausages well on kitchen paper, then tip them into a clean roasting tin. Blend the honey and mustard together in a small bowl, pour over the sausages and stir and shake them so they become coated. Return to the oven for 5 minutes, turning them over halfway.
- ☐ Serve hot or warm, with cocktail sticks and little pots of ketchup and mustard for dipping.
- ☐ Prepare ahead: you can roast the sausages the day before, cool them on kitchen paper and then just keep them in a plastic container in the fridge overnight. Toss in the honey and mustard mix and reheat for 10–12 minutes in the oven before serving.
- ☐ Stagger the cooking: heat half the sausages through in half the honey and mustard mix just before your guests arrive, then do the other half just as this first batch runs out.

## Nutrition Facts



## Properties

Glycemic Index:14.53, Glycemic Load:3.42, Inflammation Score:-1, Nutrition Score:2.7156521480369%

## Nutrients (% of daily need)

Calories: 223.9kcal (11.2%), Fat: 18.49g (28.45%), Saturated Fat: 5.47g (34.2%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 7.55g (2.75%), Sugar: 7.37g (8.19%), Cholesterol: 34.56mg (11.52%), Sodium: 669.07mg (29.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.34%), Phosphorus: 126.27mg (12.63%), Vitamin E: 1.48mg (9.83%), Zinc: 1.15mg (7.66%), Copper: 0.12mg (5.93%), Selenium: 3.68µg (5.25%), Iron: 0.84mg (4.66%), Magnesium: 14.44mg (3.61%), Potassium: 113.45mg (3.24%), Manganese: 0.05mg (2.53%), Fiber: 0.47g (1.89%), Vitamin B1: 0.02mg (1.34%), Calcium: 13.11mg (1.31%)