



Golden Sausages and Shallots in White Wine

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups cooking wine dry white
- 8 servings salt and pepper freshly ground
- 3 pounds breakfast sausages fresh
- 2 pounds shallots peeled
- 2 tablespoons butter unsalted

Equipment

- frying pan

Directions

- Prick the sausages all over with a fork. Melt the butter in a large skillet.
- Add the sausages and cook over moderately low heat until lightly browned, about 8 minutes.
- Pour off all but 2 tablespoons of fat.
- Add the shallots and wine and bring to a boil. Cover and cook over low heat, stirring occasionally, until the shallots are tender and the wine has reduced slightly, about 20 minutes. Season with salt and pepper and serve.
- Wine Recommendation: A medium-bodied white Rhne with honeyed fruit will echo the rich sausages and sweet shallots. Try the 1998 Jean-Luc Columbo Les Figures Ctes-du-Rhne Blanc.

Nutrition Facts

PROTEIN 18.2% **FAT 68.92%** **CARBS 12.88%**

Properties

Glycemic Index:9.13, Glycemic Load:4.8, Inflammation Score:-6, Nutrition Score:17.027391407801%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 660.74kcal (33.04%), Fat: 48.08g (73.97%), Saturated Fat: 16.78g (104.87%), Carbohydrates: 20.22g (6.74%), Net Carbohydrates: 16.59g (6.03%), Sugar: 9.36g (10.4%), Cholesterol: 129.99mg (43.33%), Sodium: 1291.85mg (56.17%), Alcohol: 4.64g (100%), Alcohol %: 1.77% (100%), Protein: 28.56g (57.13%), Vitamin B6: 0.93mg (46.72%), Vitamin B3: 8.28mg (41.38%), Vitamin B1: 0.54mg (35.88%), Phosphorus: 306.61mg (30.66%), Zinc: 4.2mg (28.02%), Vitamin B12: 1.45µg (24.2%), Potassium: 833.42mg (23.81%), Manganese: 0.39mg (19.65%), Iron: 3.37mg (18.74%), Vitamin D: 2.26µg (15.09%), Vitamin B5: 1.49mg (14.94%), Fiber: 3.63g (14.51%), Vitamin B2: 0.24mg (14.01%), Magnesium: 52.2mg (13.05%), Vitamin C: 10.26mg (12.44%), Copper: 0.21mg (10.73%), Folate: 40.81µg (10.2%), Calcium: 62.28mg (6.23%), Vitamin A: 219.57IU (4.39%), Vitamin E: 0.45mg (3%), Selenium: 1.44µg (2.06%), Vitamin K: 2.01µg (1.92%)