



6%
HEALTH SCORE

Grilled Sausages with Caramelized Onions and Apples

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 large apples cored peeled cut into thin wedges
- 2 tablespoons brown sugar packed
- 2 tablespoons butter
- 2 medium onion halved sliced
- 2 tablespoons red wine vinegar
- 4 servings salt and pepper to taste
- 8 sausage

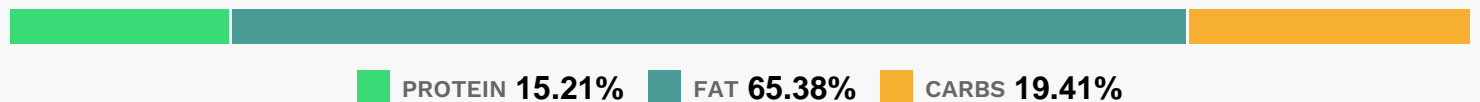
Equipment

- frying pan
- pot
- grill
- broiler

Directions

- Prepare grill for high heat.
- With a fork, poke sausages several times.
- Place in a pot, cover with water, and simmer over medium-high heat until cooked through, about 7 minutes.
- Remove from heat, and set aside.
- Warm butter in a skillet over medium heat. Stir in onions, and cook until soft and translucent. Stir in apples, vinegar, and brown sugar; cook, stirring gently, until caramelized, about 10 to 15 minutes. Season with salt and pepper.
- Meanwhile, place sausages on grill (or under broiler), and cook until well browned.
- Serve on a mound of caramelized apples and onions.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:7.24, Inflammation Score:-5, Nutrition Score:15.251304217007%

Flavonoids

Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 12.59mg, Epicatechin: 12.59mg, Epicatechin: 12.59mg, Epicatechin: 12.59mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg

Epigallocatechin 3-gallate: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg
Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg,
Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg,
Kaempferol: 0.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:
17.87mg, Quercetin: 17.87mg, Quercetin: 17.87mg, Quercetin: 17.87mg

Nutrients (% of daily need)

Calories: 700.18kcal (35.01%), Fat: 51.12g (78.64%), Saturated Fat: 18.62g (116.38%), Carbohydrates: 34.13g (11.38%),
Net Carbohydrates: 29.18g (10.61%), Sugar: 25.55g (28.39%), Cholesterol: 137.45mg (45.82%), Sodium: 1326.15mg
(57.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.76g (53.53%), Vitamin B3: 8.22mg (41.1%), Vitamin
B1: 0.52mg (34.77%), Vitamin B6: 0.66mg (32.87%), Phosphorus: 266.37mg (26.64%), Zinc: 3.86mg (25.73%),
Vitamin B12: 1.46µg (24.28%), Potassium: 693.48mg (19.81%), Fiber: 4.95g (19.8%), Vitamin B2: 0.27mg (15.77%),
Vitamin C: 12.99mg (15.75%), Vitamin D: 2.21µg (14.73%), Vitamin B5: 1.33mg (13.26%), Iron: 2.28mg (12.68%),
Magnesium: 38.65mg (9.66%), Copper: 0.18mg (9.13%), Vitamin A: 393.85IU (7.88%), Manganese: 0.15mg (7.29%),
Vitamin E: 0.8mg (5.32%), Vitamin K: 5.07µg (4.83%), Calcium: 45.22mg (4.52%), Folate: 17.44µg (4.36%)