



Grilled Spicy Sausages with Onion Marmalade

READY IN

ready

115 min.

SERVINGS

servings

4

CALORIES

calories

976 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 1 baguette sliced lengthwise quartered
- ☐ 1 tablespoon brown sugar
- ☐ 3 tablespoons brown sugar
- ☐ 4 teaspoons dijon mustard
- ☐ 0.5 teaspoon chile flakes dried
- ☐ 3 cloves garlic minced
- ☐ 0.1 teaspoon ground cumin
- ☐ 0.3 teaspoon herbs de provence

- ☐ 4 servings ice cubes
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 servings olive oil extra-virgin for brushing
- ☐ 3 tablespoons red wine vinegar
- ☐ 1.5 pounds roma tomatoes
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 spicy sausages fresh italian
- ☐ 2 cups onion yellow thinly sliced 2 small onions

Equipment

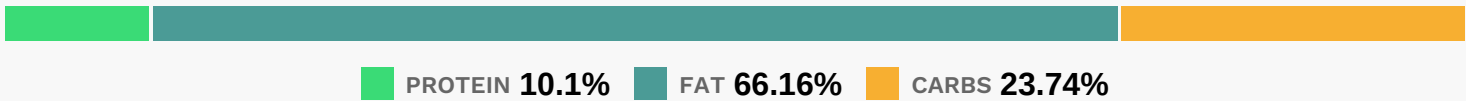
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ grill
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in a heavy medium saucepan over medium heat.
- ☐ Add the onions and cook, stirring frequently, until the onions begin to soften but not brown, about 8 minutes.
- ☐ Add 1/2 cup water, the sugar and chile flakes. Cook the onions until almost all the liquid is absorbed, stirring often, about 12 minutes.
- ☐ Add the apple cider vinegar and simmer until the marmalade is thick, stirring often, 8 to 10 minutes.
- ☐ Sprinkle with salt and pepper and cool.

- ☐ For the grilled sausages: Prepare a grill to medium-high heat.
- ☐ Brush the sausages with oil. Grill the sausages, turning them constantly, until golden and cooked through, or when an instant-read thermometer inserted in a sausage reads about 165 degrees F, about 14 minutes.
- ☐ Spread each baguette with the mustard.
- ☐ Place the grilled sausages on top of each baguette and top with the onion marmalade and Tomato Chutney.
- ☐ Boil a pot of water. Prepare a bowl of ice water.
- ☐ Cut the stem of the tomatoes using a paring knife. Slice a shallow X in the bottom end of the tomatoes. Plunge the tomatoes into the boiling water for a few seconds, using a slotted spoon.
- ☐ Transfer the tomatoes to the ice water.
- ☐ Remove the tomatoes and peel away the skin. Chop the tomatoes roughly.
- ☐ Pour the oil into a medium saucepan and heat over medium-high heat.
- ☐ Add the garlic and cumin and cook until fragrant, about 1 minute.
- ☐ Add the tomatoes, red wine vinegar and sugar and cook, stirring half way through the cooking time, until slightly thickened and the tomatoes have broken down, about 20 minutes.
- ☐ Add the herbs de Provence and sprinkle with salt and pepper. Cook the chutney, about 5 minutes.
- ☐ Let the chutney cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:75.94, Glycemic Load:24.52, Inflammation Score:-9, Nutrition Score:28.076956334321%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 17.27mg, Quercetin: 17.27mg, Quercetin: 17.27mg, Quercetin: 17.27mg

Nutrients (% of daily need)

Calories: 975.63kcal (48.78%), Fat: 71.95g (110.7%), Saturated Fat: 17.83g (111.43%), Carbohydrates: 58.09g (19.36%), Net Carbohydrates: 52.97g (19.26%), Sugar: 22.61g (25.12%), Cholesterol: 85.12mg (28.37%), Sodium: 1284.81mg (55.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.7g (49.41%), Vitamin B1: 1.12mg (74.34%), Selenium: 41.17µg (58.81%), Vitamin E: 6.21mg (41.37%), Manganese: 0.78mg (39.23%), Vitamin C: 32.28mg (39.13%), Vitamin B3: 7.67mg (38.37%), Vitamin K: 38.02µg (36.21%), Vitamin B6: 0.68mg (33.77%), Vitamin A: 1500.1IU (30%), Phosphorus: 295.2mg (29.52%), Folate: 117.35µg (29.34%), Potassium: 936.74mg (26.76%), Vitamin B2: 0.45mg (26.56%), Iron: 4.75mg (26.41%), Fiber: 5.12g (20.47%), Zinc: 3.02mg (20.13%), Vitamin B12: 1.02µg (16.99%), Copper: 0.33mg (16.45%), Magnesium: 65.35mg (16.34%), Calcium: 145.15mg (14.52%), Vitamin B5: 1.11mg (11.05%)