

Hot diggedy dogs

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp unrefined sunflower oil
- ☐ 6 large pork sausages
- ☐ 1 large onion sliced
- ☐ 1 tsp mustard seeds yellow
- ☐ 6 big flour tortillas
- ☐ 2 tbsp tomato relish
- ☐ 6 servings paper napkins

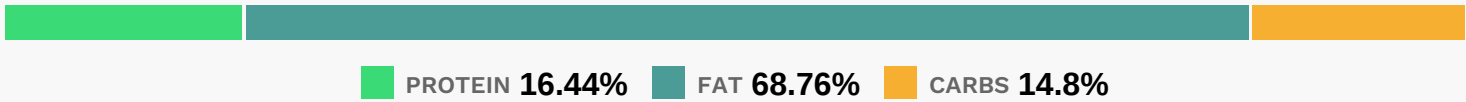
Equipment

- ☐ frying pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat the oven to fan 180C/ conventional 200C/gas
- ☐ Pour the oil into the tin and put it in the oven for a couple of minutes to heat up.
- ☐ Add the sausages to the hot tin and roast for 10 minutes.
- ☐ Push the sausages to the outer edges of the tin and scatter the sliced onion in the centre.
- ☐ Sprinkle the onion slices with the mustard seeds and some salt and pepper and turn them to coat in the hot oil at the bottom of the tin. Return to the oven for 10–15 minutes until the sliced onions are golden and the sausages are completely cooked through.
- ☐ Briefly heat the flour tortillas in the oven, microwave or in a dry frying pan to make them softer and easier to roll.
- ☐ Place a sausage and some onion on each one, top with a spoonful of relish and roll, folding the bottom over.
- ☐ Serve straight away, wrapped in paper napkins.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:5.25, Inflammation Score:-3, Nutrition Score:12.133913050527%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 492.06kcal (24.6%), Fat: 37.21g (57.25%), Saturated Fat: 11.3g (70.6%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 16.43g (5.97%), Sugar: 2.33g (2.58%), Cholesterol: 81.45mg (27.15%), Sodium: 946.49mg (41.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.01g (40.03%), Vitamin B3: 6.77mg (33.84%), Vitamin B1:

0.48mg (32.19%), Phosphorus: 226.35mg (22.64%), Vitamin B6: 0.4mg (19.95%), Zinc: 2.69mg (17.93%), Vitamin B12: 0.96µg (16.01%), Vitamin E: 2.18mg (14.54%), Vitamin B2: 0.23mg (13.81%), Iron: 2.47mg (13.74%), Selenium: 7.79µg (11.13%), Potassium: 369.2mg (10.55%), Manganese: 0.21mg (10.31%), Vitamin D: 1.47µg (9.79%), Folate: 36.22µg (9.05%), Vitamin B5: 0.85mg (8.46%), Magnesium: 26.9mg (6.72%), Fiber: 1.59g (6.37%), Calcium: 61.57mg (6.16%), Copper: 0.12mg (6.1%), Vitamin C: 3.34mg (4.05%), Vitamin K: 3.37µg (3.21%), Vitamin A: 126.53IU (2.53%)