



Hotdogs with sticky roasted onions

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1068 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 22 rashers unsmoked streaky bacon halved
- ☐ 5 tbsp muscovado sugar dark
- ☐ 3 tbsp olive oil
- ☐ 3 onions red sliced
- ☐ 16 cumberland sausages
- ☐ 8 servings rolls soft
- ☐ 5 tbsp tomato ketchup
- ☐ 3 onions white sliced

- ☐ 5 tbsp wholegrain mustard
- ☐ 2 tsp worcestershire sauce

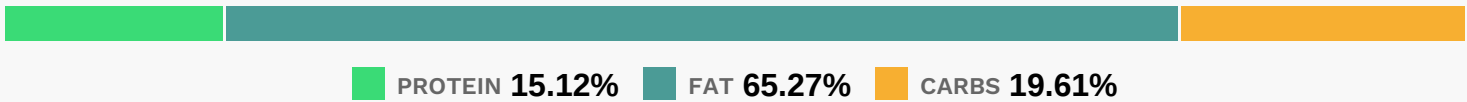
Equipment

- ☐ oven
- ☐ grill

Directions

- ☐ Heat oven to 200C/180C fan/gas 6.Wrap a whole bacon rasher around each
- ☐ Cumberland sausage and a half rasheraround each chipolata.
- ☐ Spread out in1–2 large, shallow baking trays.In a large roasting tin, toss the slicedonions with the oil, then roast on thetop shelf of the oven with the sausagesbelow for 20 mins.
- ☐ Mix togetherthe mustard, ketchup, sugar and
- ☐ Worcestershire sauce with someseasoning. After 20 mins, stir this intothe onions. Roast for 10 mins more untilsticky, then remove from the oven andkeep warm. The sausages should becooked by now, but if they’re notbrowned and crisp, tip off any juicesand grill until done to your liking.Split the buns and serve with the crispbacon–wrapped sausages, sticky roastedonions and oven fries, if you like.

Nutrition Facts



Properties

Glycemic Index:23.38, Glycemic Load:24.69, Inflammation Score:-5, Nutrition Score:21.065217412036%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.84mg, Quercetin: 16.84mg, Quercetin: 16.84mg, Quercetin: 16.84mg

Nutrients (% of daily need)

Calories: 1067.84kcal (53.39%), Fat: 76.97g (118.42%), Saturated Fat: 23.78g (148.63%), Carbohydrates: 52.05g (17.35%), Net Carbohydrates: 49.15g (17.87%), Sugar: 17.65g (19.61%), Cholesterol: 162.33mg (54.11%), Sodium: 1998.73mg (86.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.11g (80.22%), Iron: 13.31mg (73.93%), Vitamin B3: 10.75mg (53.74%), Vitamin B1: 0.69mg (46.16%), Vitamin B6: 0.81mg (40.32%), Phosphorus: 354.63mg (35.46%), Zinc: 4.63mg (30.84%), Vitamin B12: 1.75µg (29.13%), Selenium: 15.93µg (22.76%), Potassium: 727.79mg (20.79%), Vitamin B2: 0.3mg (17.91%), Vitamin D: 2.45µg (16.35%), Vitamin B5: 1.62mg (16.21%), Fiber: 2.9g (11.61%), Magnesium: 46.06mg (11.52%), Vitamin E: 1.54mg (10.3%), Vitamin C: 7.96mg (9.65%), Copper: 0.19mg (9.61%), Manganese: 0.18mg (8.8%), Calcium: 59.07mg (5.91%), Folate: 19.18µg (4.8%), Vitamin K: 4.64µg (4.42%), Vitamin A: 213.88IU (4.28%)