

# Irish Bangers

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



79 kcal

SIDE DISH

## Ingredients

- 2 tablespoons olive oil
- 8 irish bangers
- 1.3 cups chicken stock low-sodium homemade store-bought
- 3 cloves garlic smashed
- 6 peppercorns whole black
- 4 sprigs thyme sprigs fresh

## Equipment

- frying pan

## Directions

- Heat oil in a large cast-iron skillet over medium heat.
- Add bangers to skillet and cook until browned, about 2 minutes. Turn bangers and add chicken stock, garlic, peppercorns, and thyme. Cook for 5 minutes; turn bangers and continue cooking until heated through, about 5 minutes more.
- Serve.

## Nutrition Facts

**PROTEIN 8.28%** **FAT 81.05%** **CARBS 10.67%**

## Properties

Glycemic Index:26.75, Glycemic Load:0.27, Inflammation Score:-7, Nutrition Score:2.1069565227498%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 79.4kcal (3.97%), Fat: 7.48g (11.51%), Saturated Fat: 1.1g (6.92%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 1.96g (0.71%), Sugar: 0.13g (0.15%), Cholesterol: 0mg (0%), Sodium: 24.11mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Vitamin E: 1.03mg (6.86%), Vitamin B3: 1.06mg (5.29%), Vitamin K: 4.6µg (4.38%), Manganese: 0.08mg (4.07%), Iron: 0.6mg (3.33%), Phosphorus: 30mg (3%), Vitamin C: 2.36mg (2.86%), Copper: 0.05mg (2.74%), Potassium: 81.86mg (2.34%), Vitamin B2: 0.04mg (2.29%), Vitamin B6: 0.04mg (2.03%), Magnesium: 6.04mg (1.51%), Calcium: 13.25mg (1.32%), Vitamin B12: 0.07µg (1.23%), Zinc: 0.16mg (1.06%), Folate: 4.18µg (1.05%), Vitamin A: 50.89IU (1.02%)