



Maple-glazed hot dogs with mustardy onions

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



1452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 pork sausage
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 2 onion thinly sliced
- ☐ 1 tsp mustard seeds shopping list black yellow
- ☐ 2 tbsp maple syrup
- ☐ 4 crusty baguette french mini
- ☐ 1 tbsp dijon mustard
- ☐ 1 large pinch muscovado sugar

☐ 2 tsp apple cider vinegar

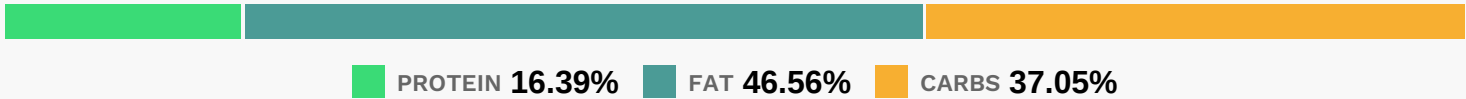
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Place the sausages in a non-stick baking tray and roast for 20 mins. Meanwhile, heat the oil in a frying pan and cook the onions and mustard seeds together for 10-15 mins until softened and golden.
- ☐ Remove the sausages and brush with maple syrup. Pop the baguettes onto the same baking tray. Increase the oven to 220C/200C fan/gas 7 and return the tray for 5-8 mins until the sausages are dark, shiny and cooked through. Stir the mustard, sugar and vinegar into the onions until the sugar has melted.
- ☐ Cut the baguettes open across the top and put 2 sausages into each. Spoon over the mustardy onions and serve.

Nutrition Facts



Properties

Glycemic Index:58.81, Glycemic Load:86.13, Inflammation Score:-8, Nutrition Score:41.746956483178%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 1451.72kcal (72.59%), Fat: 74.15g (114.07%), Saturated Fat: 21.97g (137.32%), Carbohydrates: 132.73g (44.24%), Net Carbohydrates: 126.33g (45.94%), Sugar: 20.39g (22.65%), Cholesterol: 162.72mg (54.24%), Sodium: 3026.97mg (131.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.72g (117.45%), Vitamin B1: 2.12mg

(141.3%), Vitamin B3: 22.1mg (110.48%), Manganese: 1.51mg (75.33%), Vitamin B2: 1.22mg (71.99%), Folate: 281.29µg (70.32%), Selenium: 45.6µg (65.14%), Iron: 11.37mg (63.18%), Phosphorus: 566.95mg (56.7%), Vitamin B6: 1.02mg (51.11%), Zinc: 7.1mg (47.32%), Vitamin B12: 1.92µg (32.02%), Calcium: 310.46mg (31.05%), Potassium: 984.75mg (28.14%), Vitamin E: 4.08mg (27.2%), Magnesium: 108.04mg (27.01%), Fiber: 6.41g (25.63%), Vitamin B5: 2.54mg (25.45%), Copper: 0.48mg (23.97%), Vitamin D: 2.94µg (19.59%), Vitamin K: 9.09µg (8.65%), Vitamin C: 5.7mg (6.91%), Vitamin A: 173.42IU (3.47%)