



Maple-Glazed Sausages

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



20

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12.8 ounces mild sausage links to package directions and coin frozen fully cooked
- 1 cup maple syrup
- 0.5 cup brown sugar packed
- 1 teaspoon ground cinnamon

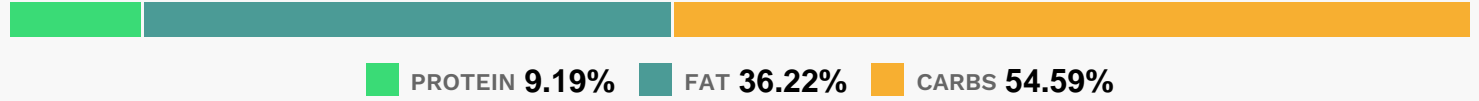
Equipment

- bowl
- frying pan

Directions

- In a large skillet, brown sausage links. In a small bowl, combine the syrup, brown sugar and cinnamon; pour over sausages. Bring to a boil. Reduce heat; simmer, uncovered, until sausages are glazed.

Nutrition Facts



Properties

Glycemic Index:3.47, Glycemic Load:3.96, Inflammation Score:-1, Nutrition Score:2.8508695893638%

Nutrients (% of daily need)

Calories: 119.77kcal (5.99%), Fat: 4.81g (7.41%), Saturated Fat: 1.6g (9.98%), Carbohydrates: 16.32g (5.44%), Net Carbohydrates: 16.27g (5.92%), Sugar: 14.98g (16.65%), Cholesterol: 13.06mg (4.35%), Sodium: 118.39mg (5.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Manganese: 0.39mg (19.61%), Vitamin B2: 0.23mg (13.33%), Vitamin B3: 0.87mg (4.37%), Vitamin B1: 0.06mg (4.04%), Zinc: 0.51mg (3.4%), Vitamin B6: 0.06mg (2.9%), Vitamin B12: 0.15µg (2.57%), Potassium: 88.97mg (2.54%), Phosphorus: 24.78mg (2.48%), Calcium: 24.75mg (2.47%), Magnesium: 6.48mg (1.62%), Vitamin D: 0.24µg (1.57%), Iron: 0.27mg (1.48%), Vitamin B5: 0.13mg (1.29%)