



Mustard, sausage & apple tart

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



908 kcal

Ingredients

- ☐ 450 g sausage
- ☐ 1 large onion red halved cut into thin wedges
- ☐ 1 apples red sliced (leave the skin on)
- ☐ 1 small sage
- ☐ 1 tsp vegetable oil
- ☐ 375 g puff pastry
- ☐ 2 tbsp dijon mustard

Equipment

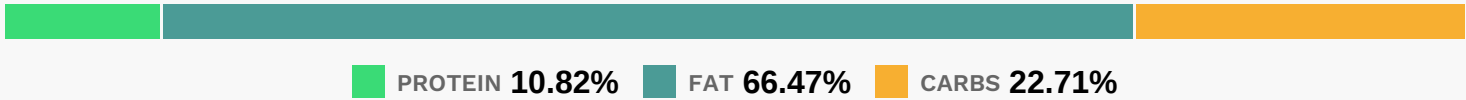
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ kitchen scissors

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Cut the sausages into large chunks it's easiest with a sharp pair of kitchen scissors.
- ☐ Put the onion, apple and sage into a bowl, drizzle over a little oil and toss well.
- ☐ Unroll the pastry directly onto a large, flat baking sheet. With a sharp knife, score a border inside the pastry, about a thumbwidth from the edge.
- ☐ Spread the mustard over the pastry, keeping within the border, then scatter over the sausage chunks and onion mix. Season to taste, then bake for 20 mins, until the sausage is cooked through, the onion and apple are starting to turn golden and the pastry edges are well puffed and golden.
- ☐ Cut into slices and serve with salad or chips.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:25.14, Inflammation Score:-5, Nutrition Score:17.678695813469%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg

Nutrients (% of daily need)

Calories: 907.76kcal (45.39%), Fat: 67.05g (103.15%), Saturated Fat: 19.15g (119.69%), Carbohydrates: 51.53g (17.18%), Net Carbohydrates: 48.24g (17.54%), Sugar: 6.7g (7.44%), Cholesterol: 81mg (27%), Sodium: 1032.99mg (44.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.56g (49.12%), Vitamin B1: 0.72mg (47.81%), Vitamin B3: 9.31mg (46.57%), Selenium: 25.38µg (36.25%), Manganese: 0.55mg (27.34%), Vitamin B2: 0.43mg (25.1%), Phosphorus: 229.21mg (22.92%), Iron: 3.88mg (21.57%), Vitamin B6: 0.42mg (21.04%), Zinc: 3.05mg (20.34%), Folate: 81.36µg (20.34%), Vitamin K: 18.84µg (17.94%), Vitamin B12: 0.96µg (15.94%), Fiber: 3.29g (13.16%), Potassium: 436.32mg (12.47%), Copper: 0.24mg (12.02%), Magnesium: 39.39mg (9.85%), Vitamin D: 1.46µg (9.75%), Vitamin B5: 0.84mg (8.39%), Vitamin E: 0.93mg (6.17%), Vitamin C: 4.95mg (5.99%), Calcium: 33.35mg (3.33%), Vitamin A: 115.76IU (2.32%)