



Open-Faced Chicken-Apple Sausage Sandwiches

 Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce chicken-apple sausages cut in half lengthwise (such as gerhard's)
- 1 teaspoon brown sugar dark
- 2 tablespoons mustard prepared
- 2 cups onion thinly sliced
- 6 ounce pumpernickel bread toasted
- 2 tablespoons water

Equipment

frying pan

Directions

- Heat a 12-inch nonstick skillet over medium heat. Coat sausage with cooking spray; add sausage to pan, and cook 3 minutes on each side or until browned.
- Remove sausage from pan; keep warm. Coat pan with cooking spray; add onion. Cook 8 minutes or until browned, stirring frequently; add water and sugar, stirring well.
- Place sausage over onion mixture; reduce heat to low. Cover and cook 5 minutes.
- Spread 1 1/2 teaspoons mustard on each slice of bread. Top each with about 1/4 cup onion mixture and 2 sausage halves.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:11.44, Inflammation Score:-6, Nutrition Score:8.6447826675747%

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: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 316.78kcal (15.84%), Fat: 13.64g (20.99%), Saturated Fat: 2.74g (17.12%), Carbohydrates: 33.05g (11.02%), Net Carbohydrates: 28.6g (10.4%), Sugar: 5.71g (6.35%), Cholesterol: 60.04mg (20.01%), Sodium: 1209.85mg (52.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.91g (35.82%), Manganese: 0.69mg (34.5%), Selenium: 13.38µg (19.11%), Fiber: 4.45g (17.79%), Folate: 55.28µg (13.82%), Vitamin B1: 0.19mg (12.67%), Iron: 2.24mg (12.43%), Phosphorus: 107.03mg (10.7%), Vitamin B2: 0.16mg (9.19%), Magnesium: 34.73mg (8.68%), Vitamin C: 7.14mg (8.66%), Copper: 0.16mg (8.02%), Vitamin B6: 0.16mg (7.76%), Vitamin B3: 1.45mg (7.25%), Potassium: 217.83mg (6.22%), Vitamin A: 307.15IU (6.14%), Zinc: 0.81mg (5.43%), Calcium: 53.1mg (5.31%), Vitamin B5: 0.29mg (2.94%), Vitamin E: 0.22mg (1.47%)