



Pan-Roasted Sausages with Apples, Onions, and Sage



Gluten Free



Dairy Free

READY IN



62 min.

SERVINGS



4

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce baby portobello mushrooms quartered
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons sage fresh chopped
- ☐ 8 garlic cloves sliced
- ☐ 1.3 pounds sausages sweet italian
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 2 tablespoons olive oil divided

- ☐ 1 bell pepper red sliced
- ☐ 2 golden delicious apples cut into 1/2-inch-thick wedges
- ☐ 0.5 teaspoon salt
- ☐ 1 large onion sweet cut into 1/4-inch-thick slices

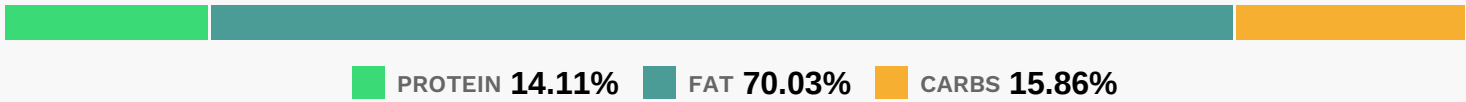
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Heat 1 tablespoon oil in a large ovenproof skillet over medium-high heat.
- ☐ Add sausages, and cook, turning occasionally, 6 minutes or until browned.
- ☐ Remove from skillet, and set aside.
- ☐ Heat remaining 1 tablespoon oil over medium-high heat.
- ☐ Add onion and garlic; cook, stirring occasionally, 1 minute.
- ☐ Add mushrooms, and cook 1 minute.
- ☐ Add bell pepper and apples, and cook, stirring occasionally, 3 minutes or until mixture is slightly softened. Stir in sage, salt, and pepper; cook 1 minute. Stir in broth and sausages.
- ☐ Bake 20 to 22 minutes or until sausages are cooked through and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:4.53, Inflammation Score:-8, Nutrition Score:28.493478064952%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg

Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg Quercetin: 15.84mg, Quercetin: 15.84mg, Quercetin: 15.84mg, Quercetin: 15.84mg

Nutrients (% of daily need)

Calories: 664.67kcal (33.23%), Fat: 52.28g (80.43%), Saturated Fat: 17.16g (107.26%), Carbohydrates: 26.65g (8.88%), Net Carbohydrates: 21.98g (7.99%), Sugar: 16.38g (18.2%), Cholesterol: 107.73mg (35.91%), Sodium: 1350.87mg (58.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.7g (47.4%), Copper: 9.48mg (474.01%), Selenium: 47µg (67.15%), Vitamin C: 50.94mg (61.75%), Vitamin B1: 0.93mg (61.67%), Vitamin B6: 0.82mg (40.92%), Vitamin B3: 8.09mg (40.43%), Manganese: 0.67mg (33.25%), Phosphorus: 321.94mg (32.19%), Potassium: 887.63mg (25.36%), Vitamin B2: 0.4mg (23.34%), Vitamin B12: 1.35µg (22.46%), Zinc: 3.21mg (21.42%), Vitamin A: 982.66IU (19.65%), Fiber: 4.66g (18.65%), Vitamin B5: 1.64mg (16.38%), Iron: 2.85mg (15.86%), Folate: 62.86µg (15.72%), Vitamin E: 1.68mg (11.17%), Magnesium: 42.53mg (10.63%), Calcium: 83.82mg (8.38%), Vitamin K: 8.23µg (7.84%), Vitamin D: 0.17µg (1.13%)