



Pan-Seared Sausage with Lady Apples and Watercress



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup wine dry white
- ☐ 1.5 pounds ground sausage sweet italian
- ☐ 4 servings pepper freshly ground
- ☐ 1 tablespoon olive oil
- ☐ 1 pound pink lady apples halved
- ☐ 6 cups watercress trimmed
- ☐ 2 tablespoons citrus champagne vinegar

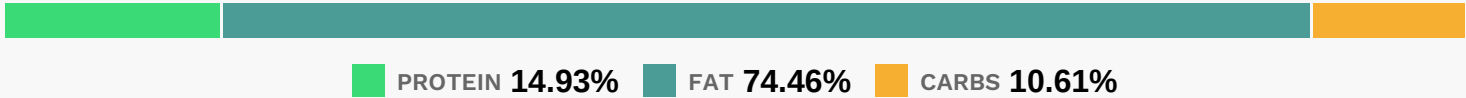
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large cast-iron or other heavy skillet over medium-high heat.
- ☐ Add apples, cut side down, and cook, turning occasionally, until golden brown, 5–8 minutes.
- ☐ Prick sausages with a fork, add to skillet with apples, and cook, turning occasionally, until browned, 10–12 minutes.
- ☐ Add wine and vinegar to skillet. Bring to a boil, reduce heat, and simmer until thickened (liquid should coat a spoon), about 4 minutes.
- ☐ Add watercress and toss to coat; season with salt and pepper.
- ☐ Serve with pan juices spooned over.
- ☐ Per serving: 560 calories, 40 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:4.7, Inflammation Score:-8, Nutrition Score:25.153478228528%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.7mg, Epicatechin: 8.7mg, Epicatechin: 8.7mg, Epicatechin: 8.7mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 11.91mg, Kaempferol: 11.91mg, Kaempferol: 11.91mg, Kaempferol: 11.91mg

11.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 19.85mg, Quercetin: 19.85mg, Quercetin: 19.85mg, Quercetin: 19.85mg

Nutrients (% of daily need)

Calories: 710.33kcal (35.52%), Fat: 57.04g (87.75%), Saturated Fat: 19.7g (123.12%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 15.27g (5.55%), Sugar: 12.18g (13.54%), Cholesterol: 129.27mg (43.09%), Sodium: 1267.64mg (55.11%), Alcohol: 3.09g (100%), Alcohol %: 1.04% (100%), Protein: 25.74g (51.48%), Vitamin K: 132.39µg (126.08%), Vitamin B1: 1.03mg (68.86%), Selenium: 42.68µg (60.97%), Vitamin C: 30.59mg (37.07%), Vitamin A: 1689.19IU (33.78%), Vitamin B6: 0.64mg (31.89%), Phosphorus: 290.77mg (29.08%), Vitamin B3: 5.77mg (28.83%), Vitamin B12: 1.55µg (25.8%), Vitamin B2: 0.38mg (22.42%), Potassium: 745.57mg (21.3%), Zinc: 3.19mg (21.24%), Manganese: 0.31mg (15.7%), Iron: 2.39mg (13.27%), Fiber: 3g (12.01%), Vitamin B5: 1.11mg (11.1%), Magnesium: 43.66mg (10.92%), Copper: 0.21mg (10.46%), Calcium: 102.25mg (10.22%), Vitamin E: 1.22mg (8.13%), Folate: 21.92µg (5.48%)