



Peppery sausages with sweet potato mash

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

READY IN



35 min.

SERVINGS



3

CALORIES



910 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g potatoes cut into chunks
- ☐ 500 g sweet potatoes and into cut into chunks
- ☐ 2 tbsp olive oil
- ☐ 6 large sausage
- ☐ 1 tsp hot sauce hot
- ☐ 0.5 juice of lime
- ☐ 1 tbsp brown sugar soft
- ☐ 2 tsp thyme leaves

- ☐ 2 garlic clove very finely chopped
- ☐ 1 tbsp tomato purée
- ☐ 3 servings green beans

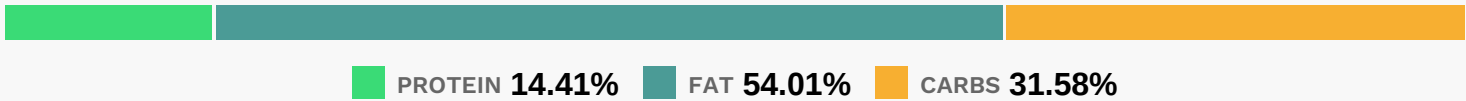
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Put the potatoes in a pan of salted water and boil for about 20 mins until soft.
- ☐ Meanwhile, tip the sausages onto a small baking sheet and bake for 10 mins. While they are cooking, mix the pepper sauce with the lime juice, sugar, thyme, garlic and tomato pure, and stir with 1 tbsp water. When the sausages have had 10–15 mins, brush over the spicy mix and bake for 10 mins more.
- ☐ Drain the potatoes and mash with oil or butter, and nutmeg to taste, if you like.
- ☐ Serve with salad, or green beans or peas.

Nutrition Facts



Properties

Glycemic Index:96.92, Glycemic Load:39.16, Inflammation Score:-10, Nutrition Score:35.755652075228%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 910.19kcal (45.51%), Fat: 54.83g (84.35%), Saturated Fat: 16.35g (102.18%), Carbohydrates: 72.13g (24.04%), Net Carbohydrates: 61.73g (22.45%), Sugar: 14.32g (15.91%), Cholesterol: 122.4mg (40.8%), Sodium: 1231.74mg (53.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.92g (65.84%), Vitamin A: 24213.14IU (484.26%), Vitamin B6: 1.48mg (73.86%), Vitamin C: 49.47mg (59.97%), Vitamin B3: 11.2mg (56.01%), Potassium: 1849.23mg (52.84%), Vitamin B1: 0.78mg (52.22%), Manganese: 0.87mg (43.41%), Phosphorus: 430.53mg (43.05%), Fiber: 10.39g (41.58%), Vitamin K: 36.4µg (34.67%), Zinc: 4.86mg (32.42%), Vitamin B5: 3.14mg (31.42%), Copper: 0.61mg (30.49%), Magnesium: 120.97mg (30.24%), Iron: 5.09mg (28.25%), Vitamin B2: 0.43mg (25.33%), Vitamin B12: 1.45µg (24.08%), Folate: 66.37µg (16.59%), Vitamin E: 2.46mg (16.41%), Vitamin D: 2.21µg (14.73%), Calcium: 116.63mg (11.66%), Selenium: 2.2µg (3.15%)