



## Pork Sausage with Braised Purple Cabbage and Apple Chutney

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



892 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 ounces bacon
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.5 cup apple cider vinegar
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 4 ounces caul fat
- ☐ 3 cloves garlic minced

- ☐ 0.5 teaspoon garlic powder
- ☐ 2 medium apples i use 2 granny smith apples diced cored
- ☐ 0.5 teaspoon ground coriander
- ☐ 2 cups chicken broth low-sodium
- ☐ 30 spices: paprika powder 1 with water
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon onion powder
- ☐ 0.8 pound pork butt cut into cubes
- ☐ 1 head cabbage shredded
- ☐ 1 medium onion diced red
- ☐ 1 teaspoon salt
- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 teaspoon paprika smoked
- ☐ 0.3 cup water
- ☐ 3 dashes worcestershire sauce

## Equipment

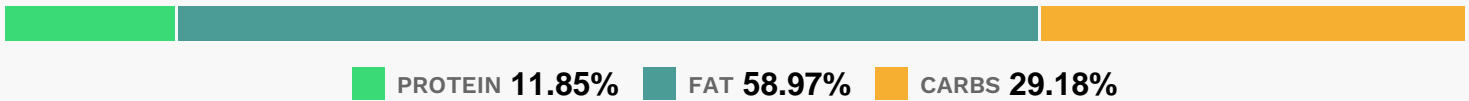
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ toothpicks
- ☐ stand mixer
- ☐ cutting board
- ☐ meat grinder

## Directions

- ☐ At least 30 minutes before grinding the meat, chill all of your tools, including the bowl of the stand mixer, in the freezer.

- ☐ In a large bowl combine the pork butt, bacon, fatback, brown sugar, salt, pepper, paprika, coriander, garlic and onion powders, and Worcestershire sauce and stir well to combine.
- ☐ Using your meat grinder, grind the meat mixture through the medium die into the chilled bowl of the stand mixer. Cover the meat mixture and refrigerate until ready to use. Stuff the meat mixture into the sausage casings, and for best results, chill in the refrigerator overnight.
- ☐ In a medium saucepan over moderate heat, warm the olive oil.
- ☐ Add the red onion and garlic and sauté, stirring occasionally, until translucent.
- ☐ Add the cabbage, vinegar, and chicken stock and cook, stirring occasionally, until the cabbage is tender. Season with salt and pepper and keep warm.
- ☐ In a small saucepan over moderate heat, combine the apples, onion, brown sugar, vinegar, and water and cook, stirring occasionally, until the mixture is jammy and slightly reduced. Season with salt and pepper and keep warm.
- ☐ Using a toothpick, prick each sausage a few times. In a heavy, large skillet over moderate heat, warm the olive oil and butter until hot but not smoking.
- ☐ Add the sausage and cook, turning over a couple times, until golden brown on both sides, 8 to 10 minutes total.
- ☐ Transfer the sausage to a cutting board and cut into smaller pieces for serving.
- ☐ Divide the cabbage among 4 plates then top with sausage and apple chutney.
- ☐ From Master
- ☐ Chef, (C) © 2013 FOX

## Nutrition Facts



## Properties

Glycemic Index:73.75, Glycemic Load:7.81, Inflammation Score:-10, Nutrition Score:38.019565209098%

## Flavonoids

Cyanidin: 441.55mg, Cyanidin: 441.55mg, Cyanidin: 441.55mg, Cyanidin: 441.55mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg 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

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: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 10.03mg, Quercetin: 10.03mg, Quercetin: 10.03mg, Quercetin: 10.03mg

Nutrients (% of daily need)

Calories: 892.11kcal (44.61%), Fat: 59.87g (92.1%), Saturated Fat: 19.06g (119.13%), Carbohydrates: 66.67g (22.22%), Net Carbohydrates: 58.11g (21.13%), Sugar: 46.35g (51.5%), Cholesterol: 93.42mg (31.14%), Sodium: 968.96mg (42.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.06g (54.12%), Vitamin C: 128.48mg (155.73%), Manganese: 1.97mg (98.57%), Vitamin K: 93.57µg (89.11%), Vitamin B6: 1.13mg (56.7%), Vitamin A: 2638.13IU (52.76%), Vitamin B1: 0.76mg (50.57%), Selenium: 34.99µg (49.98%), Vitamin B3: 8.02mg (40.09%), Phosphorus: 361.49mg (36.15%), Potassium: 1256.25mg (35.89%), Vitamin B2: 0.6mg (35.02%), Fiber: 8.57g (34.26%), Iron: 5.33mg (29.62%), Zinc: 4.24mg (28.26%), Calcium: 212.66mg (21.27%), Magnesium: 82.22mg (20.56%), Vitamin B5: 1.99mg (19.9%), Vitamin E: 2.98mg (19.85%), Vitamin B12: 1.09µg (18.18%), Copper: 0.31mg (15.49%), Folate: 48.82µg (12.2%), Vitamin D: 1.5µg (10.02%)