



Pork Sausages with Caramelized Onion Sauce

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup chicken broth
- 1 tablespoon flour all-purpose
- 0.3 cup olive oil
- 4 onion thinly sliced
- 4 links pork sausage
- 1 teaspoon salt
- 0.5 teaspoon sugar

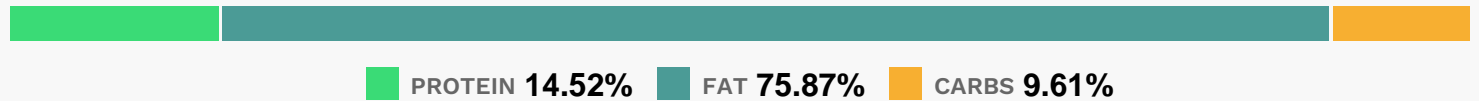
Equipment

- frying pan
- oven
- broiler

Directions

- Warm oil in a large skillet over medium heat. Stir in onions, and cook until soft, about 10 minutes. Stir in salt and sugar. Reduce heat to medium low, cover, and cook 20 minutes. Stir in flour, then add broth. Stir well. Cover, leaving the lid slightly ajar, and cook 30 minutes.
- Meanwhile, prepare oven broiler.
- Place sausages on a broiling pan; place under the broiler, and cook, turning occasionally, until the skin is dark brown and the sausages are cooked through, about 20 minutes.
- Pour onion sauce over sausages.

Nutrition Facts



Properties

Glycemic Index:50.02, Glycemic Load:3.65, Inflammation Score:-5, Nutrition Score:11.463478129843%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

Nutrients (% of daily need)

Calories: 519.13kcal (25.96%), Fat: 43.73g (67.28%), Saturated Fat: 11.86g (74.12%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 10.54g (3.83%), Sugar: 5.42g (6.02%), Cholesterol: 82.54mg (27.51%), Sodium: 1522.72mg (66.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.83g (37.66%), Vitamin B3: 5.68mg (28.41%), Vitamin B1: 0.39mg (25.89%), Vitamin B6: 0.48mg (23.93%), Phosphorus: 188.82mg (18.88%), Zinc: 2.69mg (17.97%), Vitamin B12: 0.97µg (16.2%), Vitamin E: 2.21mg (14.7%), Potassium: 453.69mg (12.96%), Vitamin B2: 0.21mg (12.45%), Vitamin C: 8.93mg (10.83%), Vitamin D: 1.47µg (9.79%), Manganese: 0.19mg (9.44%), Iron: 1.69mg (9.41%), Vitamin B5: 0.91mg (9.07%), Vitamin K: 9.02µg (8.59%), Fiber: 1.92g (7.68%), Magnesium: 27.83mg (6.96%), Copper: 0.13mg (6.47%), Folate: 25.46µg (6.37%), Calcium: 38.6mg (3.86%), Selenium: 1.43µg (2.04%), Vitamin A: 88.13IU (1.76%)