



Roast sausage & squash with mustard & sage

 Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



885 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 pork sausage
- ☐ 1 large onion red cut into wedges
- ☐ 300 g butternut squash cut into wedges
- ☐ 0.5 small sage
- ☐ 1 tbsp olive oil
- ☐ 2 tsp flour plain
- ☐ 200 ml chicken stock see
- ☐ 2 tbsp coarse mustard

☐ 500 g potatoes leftover mashed well (see 'goes with', right)

Equipment

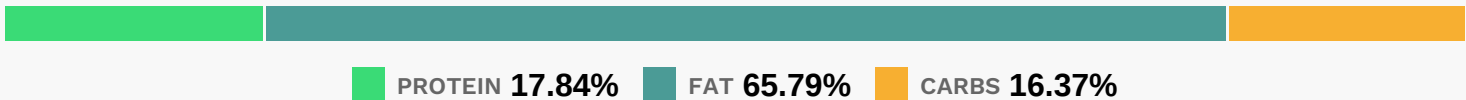
☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put the sausages in a large roasting tin with the onion, squash and sage.
- ☐ Drizzle over the olive oil and toss together. roast for 40–50 mins, turning occasionally, until the sausages are golden and the squash is tender.
- ☐ Transfer to serving plates.
- ☐ Drain away any excess oil from the tin, then place the tin over a medium heat on the hob.
- ☐ Mix in the flour, then gradually pour in the stock, scraping up any bits left in the bottom of the tin. Stir in the mustard. Gently simmer for 5 mins until thickened.
- ☐ Serve with a spoonful of yesterdays leftover mash and the pan juices.

Nutrition Facts



Properties

Glycemic Index:61.44, Glycemic Load:17.13, Inflammation Score:-10, Nutrition Score:31.226521720057%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg

Nutrients (% of daily need)

Calories: 885.46kcal (44.27%), Fat: 64.54g (99.3%), Saturated Fat: 20.61g (128.78%), Carbohydrates: 36.13g (12.04%), Net Carbohydrates: 31.06g (11.29%), Sugar: 4.7g (5.22%), Cholesterol: 164.24mg (54.75%), Sodium: 1604.08mg (69.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.38g (78.76%), Vitamin A: 8151.9IU

(163.04%), Vitamin B3: 13.78mg (68.9%), Vitamin B6: 1.25mg (62.27%), Vitamin B1: 0.85mg (56.6%), Vitamin C: 44.12mg (53.48%), Phosphorus: 431.95mg (43.2%), Potassium: 1456.51mg (41.61%), Zinc: 5.55mg (37.01%), Vitamin B12: 1.92µg (32.02%), Iron: 4.36mg (24.21%), Magnesium: 94.5mg (23.62%), Vitamin B2: 0.39mg (23.01%), Vitamin B5: 2.25mg (22.47%), Manganese: 0.43mg (21.41%), Fiber: 5.07g (20.27%), Copper: 0.4mg (19.93%), Vitamin D: 2.94µg (19.59%), Vitamin E: 2.07mg (13.82%), Folate: 52.63µg (13.16%), Calcium: 84.13mg (8.41%), Selenium: 4.89µg (6.99%), Vitamin K: 6.54µg (6.23%)