



Roasted Onions, Figs, and Smoked Sausage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



220 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup all-natural apricot nectar
- ☐ 2 tablespoons balsamic vinegar
- ☐ 8 ounce figs dried quartered
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 0.3 cup honey
- ☐ 1 pound kielbasa smoked cut into 1/2
- ☐ 2 cups onion coarsely chopped
- ☐ 2 small sweet potatoes peeled cut into 1

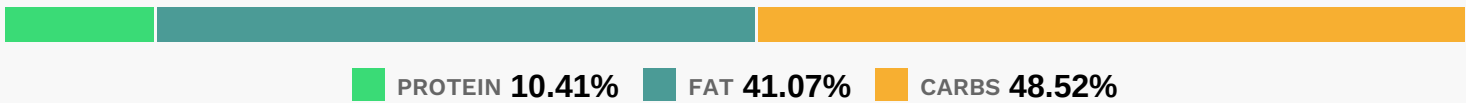
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Combine first 3 ingredients in a small saucepan. Bring to a boil; cover and cook 1 minute.
- ☐ Remove from heat, and let stand 30 minutes. Stir in vinegar and rosemary; set aside.
- ☐ Combine sausage, onion, and sweet potato in a large greased roasting pan.
- ☐ Bake, uncovered, at 450 for 30 minutes, stirring occasionally.
- ☐ Stir fig mixture into sausage mixture; bake 10 more minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:18.19, Glycemic Load:9.13, Inflammation Score:-9, Nutrition Score:8.9056521446809%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 219.82kcal (10.99%), Fat: 10.3g (15.84%), Saturated Fat: 3.53g (22.04%), Carbohydrates: 27.37g (9.12%), Net Carbohydrates: 24.39g (8.87%), Sugar: 18.62g (20.69%), Cholesterol: 26.84mg (8.95%), Sodium: 337.15mg (14.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.74%), Vitamin A: 3214.15IU (64.28%), Fiber: 2.98g (11.93%), Manganese: 0.21mg (10.66%), Vitamin B1: 0.15mg (9.99%), Vitamin B12: 0.57µg (9.51%), Potassium: 325.63mg (9.3%), Vitamin B6: 0.17mg (8.36%), Selenium: 5.38µg (7.69%), Vitamin B3: 1.51mg (7.56%), Phosphorus: 72.34mg (7.23%), Vitamin C: 5.86mg (7.11%), Zinc: 1.05mg (7.02%), Magnesium: 26.46mg (6.62%), Copper: 0.13mg (6.26%), Vitamin B2: 0.1mg (6.14%), Iron: 1.01mg (5.61%), Calcium: 48.22mg (4.82%), Vitamin B5: 0.47mg (4.69%),

Vitamin K: 3.57µg (3.4%), Vitamin D: 0.42µg (2.77%), Folate: 10.92µg (2.73%), Vitamin E: 0.17mg (1.15%)