



WHATSheATE



## Roasted Sausages with Beer-braised Onions



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 teaspoon thyme leaves fresh
- ☐ 3 onions peeled ()
- ☐ 2 tablespoons parsley chopped
- ☐ 1 tablespoon salad oil
- ☐ 4 servings salt and pepper
- ☐ 8 sausages ()
- ☐ 1 cup porter dark (such as Guinness)

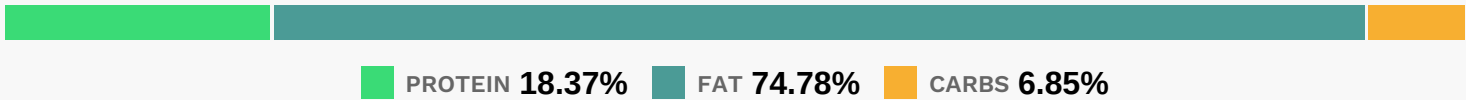
### Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife

## Directions

- ☐ In a 10- to 12-inch ovenproof frying pan over high heat, frequently stir onions in oil until somewhat limp and beginning to brown, about 4 minutes. Stir in stout and thyme; cook until liquid is reduced by about half, 3 to 5 minutes. Stir in salt and pepper to taste.
- ☐ Prick sausages all over with the tip of a sharp knife and arrange in a single layer on onion mixture.
- ☐ Bake in a 375 regular or convection oven until sausages are heated through (cut to test), about 20 minutes.
- ☐ Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:43.13, Glycemic Load:2.59, Inflammation Score:-8, Nutrition Score:15.554782810419%

## Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 16.76mg, Quercetin: 16.76mg, Quercetin: 16.76mg, Quercetin: 16.76mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 607.34kcal (30.37%), Fat: 48.71g (74.93%), Saturated Fat: 15.25g (95.32%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 8.51g (3.09%), Sugar: 3.52g (3.91%), Cholesterol: 122.4mg (40.8%), Sodium: 1281.81mg (55.73%), Alcohol: 2.3g (100%), Alcohol %: 0.92% (100%), Protein: 26.92g (53.84%), Vitamin B3: 8.43mg (42.14%), Vitamin K: 36.31µg (34.58%), Vitamin B1: 0.51mg (34.02%), Vitamin B6: 0.65mg (32.49%), Phosphorus: 263.38mg (26.34%), Zinc: 3.87mg (25.77%), Vitamin B12: 1.46µg (24.28%), Potassium: 572.15mg (16.35%), Vitamin D: 2.21µg

(14.73%), Vitamin B2: 0.25mg (14.63%), Vitamin C: 10.76mg (13.04%), Vitamin B5: 1.28mg (12.76%), Iron: 2.29mg (12.69%), Magnesium: 37.4mg (9.35%), Copper: 0.15mg (7.66%), Manganese: 0.13mg (6.6%), Vitamin E: 0.97mg (6.45%), Vitamin A: 321.39IU (6.43%), Fiber: 1.54g (6.15%), Folate: 24.18µg (6.05%), Calcium: 41.54mg (4.15%), Selenium: 0.77µg (1.1%)