



Sage, leek & onion balls

 Dairy Free

READY IN



80 min.

SERVINGS



16

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 tbsp unrefined sunflower oil
- ☐ 2 onion finely chopped
- ☐ 1 leek finely sliced into rings
- ☐ 2 celery stalks finely chopped
- ☐ 450 g pork sausage
- ☐ 20 g sage finely chopped
- ☐ 140 g breadcrumbs white
- ☐ 1 large eggs

☐ 8 bacon smoked halved

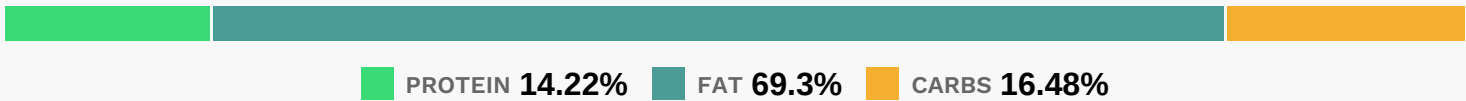
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Heat the oil in a large frying pan, then soften the onions, leek and celery for 15 mins with the pan covered.
- ☐ Put the sausagemeat into a bowl. Once the onion mix has cooled, tip onto the sausagemeat, add the sage, bread, egg and seasoning, then mix really well with your hands.
- ☐ Set aside 250g to stuff the turkey, then shape the rest into 16 balls, wrapping each with bacon. Sit these on a non-stick baking sheet, cover with foil, then bake for 15 mins. Uncover, then bake 30 mins more until the bacon is golden.
- ☐ Garnish with a sage sprig, if you like.

Nutrition Facts



Properties

Glycemic Index:7.44, Glycemic Load:0.51, Inflammation Score:-2, Nutrition Score:8.9826088158981%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 211.04kcal (10.55%), Fat: 16.15g (24.84%), Saturated Fat: 4.51g (28.17%), Carbohydrates: 8.64g (2.88%), Net Carbohydrates: 7.86g (2.86%), Sugar: 1.36g (1.51%), Cholesterol: 39.13mg (13.05%), Sodium: 322.27mg (14.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.91%), Copper: 1.6mg (79.87%), Vitamin B1: 0.2mg (13.66%), Vitamin B3: 2.39mg (11.94%), Vitamin E: 1.63mg (10.89%), Manganese: 0.18mg (8.97%), Phosphorus: 80.68mg (8.07%), Vitamin B6: 0.16mg (8.05%), Selenium: 5.5µg (7.86%), Zinc: 0.95mg (6.32%), Vitamin B12: 0.35µg (5.88%), Vitamin B2: 0.1mg (5.83%), Iron: 1.04mg (5.77%), Folate: 17.47µg (4.37%), Potassium: 146.54mg (4.19%), Vitamin B5: 0.37mg (3.72%), Vitamin K: 3.7µg (3.53%), Magnesium: 13.24mg (3.31%), Vitamin D: 0.47µg (3.15%), Fiber: 0.77g (3.09%), Calcium: 30.81mg (3.08%), Vitamin A: 137.29IU (2.75%), Vitamin C: 1.9mg (2.3%)