



Sage Sausage Bites with Balsamic Apricot Dip

 Dairy Free

READY IN



22 min.

SERVINGS



8

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 8 servings beer italian Moretti, Peroni
- ☐ 1 cup bread crumbs italian
- ☐ 3 tablespoons sage fresh chopped
- ☐ 1 tablespoon evoo -- olive oil extra-virgin
- ☐ 0.5 onion chopped
- ☐ 1.3 pounds bulk sausage meat sweet italian
- ☐ 0.5 cup spicy brown mustard

- ☐ 1 cup apricot all-fruit spread or
- ☐ 8 servings san pelligrino water and citrus fruit sliced
- ☐ 8 servings wines chianti classico, primitivo, nero d'avola

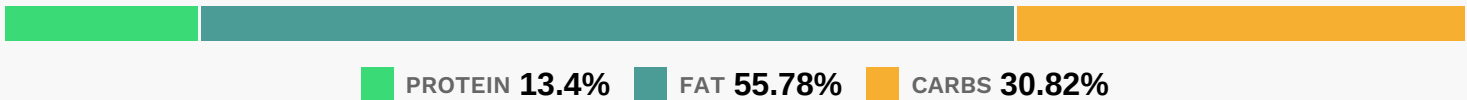
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a small pot over medium heat and the oven to 425 degrees F.
- ☐ To the pot, add oil and onion.
- ☐ Saute the onion for 1 minute.
- ☐ In a mixing bowl, combine sweet sausage and chopped sage.
- ☐ Next, add balsamic vinegar to onion and reduce by half, 1 minute.
- ☐ Remove vinegar from heat and combine with apricot all-fruit spread or preserves and spicy mustard. Stir until mustard is fully incorporated. Dip will be glossy and brown in color.
- ☐ Add 2 tablespoonfuls of apricot dip to bulk sausage and mix. Form meat into bite size nuggets, coat in bread crumbs then place on nonstick cookie sheet. Recipe will make 20 to 24 pieces.
- ☐ Bake 15 to 17 minutes, until evenly browned, turning occasionally.
- ☐ Drain, then serve with party picks for dipping with remaining balsamic apricot mustard dip.

Nutrition Facts



Properties

Glycemic Index:22.19, Glycemic Load:0.88, Inflammation Score:-5, Nutrition Score:11.643913056539%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 471.4kcal (23.57%), Fat: 22.49g (34.61%), Saturated Fat: 7.26g (45.35%), Carbohydrates: 27.97g (9.32%), Net Carbohydrates: 26.81g (9.75%), Sugar: 15.62g (17.36%), Cholesterol: 51.03mg (17.01%), Sodium: 660.88mg (28.73%), Alcohol: 16.06g (100%), Alcohol %: 3.87% (100%), Protein: 12.16g (24.33%), Copper: 6.95mg (347.55%), Vitamin B3: 3.6mg (18.01%), Manganese: 0.32mg (16.18%), Vitamin B1: 0.24mg (15.94%), Vitamin B6: 0.24mg (12.11%), Phosphorus: 119.15mg (11.91%), Zinc: 1.75mg (11.64%), Vitamin B12: 0.6µg (10.04%), Iron: 1.59mg (8.81%), Selenium: 5.92µg (8.46%), Potassium: 258.32mg (7.38%), Magnesium: 27.07mg (6.77%), Vitamin B2: 0.11mg (6.55%), Vitamin D: 0.92µg (6.14%), Vitamin B5: 0.54mg (5.37%), Calcium: 47.74mg (4.77%), Fiber: 1.16g (4.63%), Vitamin C: 3.67mg (4.45%), Vitamin E: 0.48mg (3.21%), Vitamin A: 124.97IU (2.5%), Vitamin K: 1.6µg (1.52%), Folate: 5.67µg (1.42%)