



Saucy roast sausages with lentils



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



996 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tsp olive oil
- ☐ 2 onion white red sliced
- ☐ 250 g lentils
- ☐ 700 ml vegetable stock
- ☐ 8 pork sausage
- ☐ 400 g cherry tomatoes whole halved

Equipment

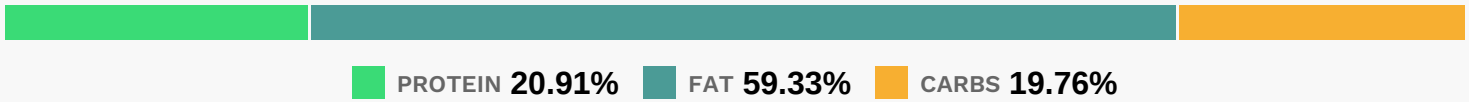
- ☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Heat half the oil in a non-stick pan and soften the onion for 5 mins. Stir in the lentils, pour over the stock, then cover and simmer for 25 mins until the lentils are just cooked and most of the liquid has evaporated. If the lentils look dry before theyve finished cooking, splash in a little water.
- ☐ Meanwhile, put the sausages in a small roasting tin, drizzle with the remaining oil and roast for 25 mins adding the tomatoes with 8 mins to go and giving the tin a good shake. Season the lentils, then spoon onto plates and top with the sausages, tomatoes and any juices.

Nutrition Facts



Properties

Glycemic Index:31.15, Glycemic Load:6.68, Inflammation Score:-9, Nutrition Score:38.6243477075%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.86mg, Quercetin: 11.86mg, Quercetin: 11.86mg, Quercetin: 11.86mg Galliccatechin: 0.09mg, Galliccatechin: 0.09mg, Galliccatechin: 0.09mg, Galliccatechin: 0.09mg

Nutrients (% of daily need)

Calories: 996.14kcal (49.81%), Fat: 65.29g (100.44%), Saturated Fat: 20.64g (128.97%), Carbohydrates: 48.92g (16.31%), Net Carbohydrates: 28.22g (10.26%), Sugar: 7.57g (8.41%), Cholesterol: 162.72mg (54.24%), Sodium: 2149.7mg (93.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.78g (103.57%), Fiber: 20.7g (82.79%), Vitamin B1: 1.23mg (81.89%), Folate: 325.08µg (81.27%), Vitamin B3: 12.85mg (64.26%), Phosphorus: 630.92mg (63.09%), Vitamin B6: 1.17mg (58.7%), Zinc: 8.13mg (54.17%), Manganese: 1.02mg (50.92%), Iron: 8.04mg (44.68%), Potassium: 1455.7mg (41.59%), Vitamin C: 31.2mg (37.82%), Vitamin B12: 1.92µg (32.02%), Magnesium: 122.39mg (30.6%), Vitamin B5: 3.05mg (30.51%), Copper: 0.57mg (28.5%), Vitamin B2: 0.44mg (26.14%), Vitamin A: 1054.22IU (21.08%), Vitamin D: 2.94µg (19.59%), Vitamin E: 1.95mg (13.03%), Vitamin K: 9.76µg (9.29%), Selenium: 5.96µg (8.52%), Calcium: 79.04mg (7.9%)