



Sausage Applesauce Appetizer

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



489 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup chunky applesauce
- 0.8 cup brown sugar packed
- 2 pounds sausage italian
- 1 onion chopped

Equipment

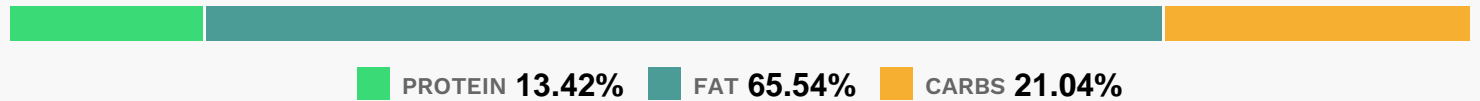
- frying pan
- oven
- toothpicks

casserole dish

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a large skillet, fry sausage until it is browned.
- Drain well.
- Cut the sausage into bite-size pieces.
- In a small casserole dish, combine sausage, brown sugar, applesauce, and onion.
- Bake at 325 degrees F (165 degrees C) for 45 minutes.
- Serve with toothpicks for easy nibbling.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:0.49, Inflammation Score:-1, Nutrition Score:10.338260784745%

Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 489.04kcal (24.45%), Fat: 35.57g (54.73%), Saturated Fat: 12.79g (79.93%), Carbohydrates: 25.7g (8.57%), Net Carbohydrates: 25.13g (9.14%), Sugar: 23.45g (26.06%), Cholesterol: 86.18mg (28.73%), Sodium: 835.88mg (36.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.39g (32.77%), Vitamin B1: 0.66mg (43.89%), Selenium: 28.53µg (40.76%), Vitamin B3: 3.75mg (18.75%), Vitamin B6: 0.37mg (18.67%), Vitamin B12: 1.03µg (17.2%), Phosphorus: 167.36mg (16.74%), Zinc: 2.07mg (13.79%), Vitamin B2: 0.2mg (11.96%), Potassium: 356.97mg (10.2%), Iron: 1.58mg (8.8%), Vitamin B5: 0.63mg (6.35%), Copper: 0.11mg (5.7%), Manganese: 0.1mg (5.22%), Magnesium: 20.02mg (5.01%), Vitamin C: 3.59mg (4.35%), Calcium: 41.91mg (4.19%), Folate: 12.81µg (3.2%), Fiber: 0.57g (2.28%)