



HEALTH SCORE

58%

Sausage & root veg stovie



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



1

CALORIES



1618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cube stock any type
- ☐ 1 tbsp vegetable oil
- ☐ 1 small onion halved sliced
- ☐ 3 pork sausages thick cut in half
- ☐ 1 large carrots peeled cut into chunks
- ☐ 2 medium potatoes cut into big chunks
- ☐ 200 g swede peeled cut into big chunks (or use another large carrot)

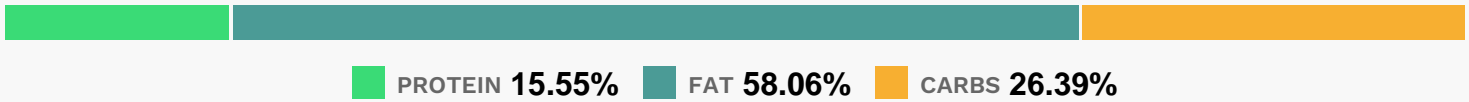
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Crumble half the stock cube into a mug and top up with boiling water. Stir until dissolved.
- ☐ Heat the oil in a frying pan, then fry the onion and sausage pieces for 5 mins until the meat is browned, but not cooked through. Tuck the vegetable chunks around the sausages and onions, season well with black pepper and salt to taste, then add 4 tbsp of the stock.
- ☐ Cover the pan with a lid or large piece of foil, making sure there are no gaps at the edges. Turn the heat to medium and leave for 25 mins until the veg are tender and the sausages cooked through. Stir at the end of cooking time the veg will have caramelised against the bottom of the pan and almost all of the cooking liquid will have been absorbed.

Nutrition Facts



Properties

Glycemic Index:277.42, Glycemic Load:64.57, Inflammation Score:-10, Nutrition Score:57.239130476247%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 17.76mg, Quercetin: 17.76mg, Quercetin: 17.76mg, Quercetin: 17.76mg

Nutrients (% of daily need)

Calories: 1618.37kcal (80.92%), Fat: 104.64g (160.99%), Saturated Fat: 32.12g (200.75%), Carbohydrates: 107.03g (35.68%), Net Carbohydrates: 88.85g (32.31%), Sugar: 19.19g (21.32%), Cholesterol: 244.08mg (81.36%), Sodium: 2376.08mg (103.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.06g (126.12%), Vitamin A: 45706.62IU (914.13%), Vitamin B6: 2.75mg (137.67%), Vitamin C: 107.52mg (130.33%), Vitamin B3: 23.19mg (115.94%), Potassium: 3606.78mg (103.05%), Vitamin B1: 1.48mg (98.98%), Phosphorus: 815.97mg (81.6%), Fiber: 18.18g (72.71%), Vitamin K: 70.64µg (67.28%), Zinc: 9.36mg (62.42%), Manganese: 1.15mg (57.4%), Vitamin B12: 2.88µg (48.02%), Magnesium: 185.08mg (46.27%), Iron: 8.05mg (44.73%), Vitamin B5: 4.36mg (43.64%), Vitamin B2: 0.73mg (42.74%), Copper: 0.83mg (41.68%), Folate: 136.53µg (34.13%), Vitamin D: 4.41µg (29.38%), Vitamin E: 3.61mg (24.06%), Calcium: 187.49mg (18.75%), Selenium: 1.9µg (2.71%)