



Sausage Sandwich with Sauteed Apple Slices

READY IN



25 min.

SERVINGS



2

CALORIES



803 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter softened
- 1 large granny smith apples cored peeled sliced
- 0.3 cup maple syrup
- 3 links pork sausage
- 2 slices bread whole wheat

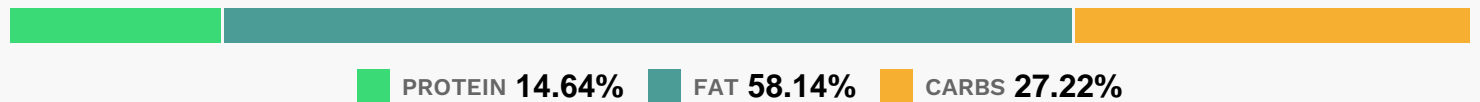
Equipment

- frying pan

Directions

- Split sausages in half lengthwise. Brown slowly in a skillet (turning often and draining off fat as it collects) until brown and cooked through, about 15 minutes.
- In another skillet, heat 2 tablespoons butter over low heat.
- Add apple slices and saute, turning often, until nicely browned and tender. They should be brown at the same time the sausages are ready.
- Toast bread and spread with softened butter.
- Drain sausages and arrange on toast. Arrange apple slices over sausages.
- Pour maple syrup over all.
- Serve immediately!

Nutrition Facts



Properties

Glycemic Index:108.1, Glycemic Load:21.21, Inflammation Score:-4, Nutrition Score:21.21695673984%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 803.24kcal (40.16%), Fat: 51.83g (79.74%), Saturated Fat: 18.74g (117.15%), Carbohydrates: 54.58g (18.19%), Net Carbohydrates: 50.22g (18.26%), Sugar: 36.95g (41.06%), Cholesterol: 137.09mg (45.7%), Sodium: 1253.77mg (54.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.37g (58.74%), Manganese: 1.57mg (78.55%), Vitamin B2: 0.8mg (46.81%), Vitamin B3: 9.35mg (46.74%), Vitamin B1: 0.62mg (41.43%), Vitamin B6: 0.63mg (31.25%), Phosphorus: 302.13mg (30.21%), Zinc: 4.5mg (30.02%), Vitamin B12: 1.45µg (24.21%), Potassium: 701.91mg

(20.05%), Fiber: 4.36g (17.42%), Iron: 2.78mg (15.43%), Magnesium: 59.46mg (14.86%), Vitamin D: 2.2µg (14.69%),
Vitamin B5: 1.41mg (14.05%), Calcium: 113.14mg (11.31%), Selenium: 7.29µg (10.42%), Copper: 0.21mg (10.26%),
Vitamin C: 6.32mg (7.66%), Vitamin A: 363.11IU (7.26%), Vitamin E: 0.84mg (5.58%), Vitamin K: 5.8µg (5.53%),
Folate: 17.01µg (4.25%)