



Sausages in Red Wine Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



953 kcal

SAUCE

Ingredients

- 0.5 cup chicken stock see low-sodium canned
- 2.3 cups full-bodied red wine
- 2 tablespoons olive oil
- 4 servings potato gratin
- 4 servings salt and pepper freshly ground
- 1.5 pounds french- and sausages assorted german-style
- 3 large shallots thinly sliced
- 5 tablespoons butter unsalted cold cut into tablespoons

2 cups water

Equipment

sauce pan

whisk

Directions

Heat 1 tablespoon of the olive oil in a medium saucepan.

Add the shallots and cook until softened, 3 to 5 minutes.

Add the wine and boil until reduced by half, about 10 minutes.

Add the chicken stock and boil until reduced by one-third.

Meanwhile, in a medium enameled cast-iron casserole, heat the remaining 1 tablespoon of olive oil.

Add the sausages and cook over moderately high heat until browned, about 3 minutes per side.

Add the water and bring to a boil. Reduce the heat to low, cover and simmer until the sausages are cooked through, about 20 minutes.

Bring the wine sauce to a boil.

Remove from the heat and whisk in the butter, 1 piece at a time. Season with salt and pepper.

Cut the sausages into 2-inch pieces and arrange an assortment on each plate. Top with the sauce and serve with the Potato Gratin.

Nutrition Facts



PROTEIN 14.07% **FAT 70.34%** **CARBS 15.59%**

Properties

Glycemic Index:39.19, Glycemic Load:20.48, Inflammation Score:-7, Nutrition Score:22.400869540546%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Petunidin: 2.67mg, Petunidin: 2.67mg, Petunidin: 2.67mg, Petunidin: 2.67mg Delphinidin: 2.71mg, Delphinidin: 2.71mg, Delphinidin: 2.71mg, Delphinidin: 2.71mg Malvidin: 18.68mg, Malvidin: 18.68mg, Malvidin: 18.68mg, Malvidin: 18.68mg Peonidin: 1.69mg, Peonidin:

1.69mg, Peonidin: 1.69mg, Peonidin: 1.69mg Catechin: 9.64mg, Catechin: 9.64mg, Catechin: 9.64mg, Catechin: 9.64mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg Naringenin: 2.39mg, Naringenin: 2.39mg, Naringenin: 2.39mg, Naringenin: 2.39mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 952.92kcal (47.65%), Fat: 66.65g (102.54%), Saturated Fat: 25.01g (156.33%), Carbohydrates: 33.24g (11.08%), Net Carbohydrates: 29.34g (10.67%), Sugar: 3.53g (3.92%), Cholesterol: 160.09mg (53.36%), Sodium: 1309.09mg (56.92%), Alcohol: 14.31g (100%), Alcohol %: 2.8% (100%), Protein: 30g (60%), Vitamin B6: 1.11mg (55.41%), Vitamin B3: 10.33mg (51.66%), Vitamin B1: 0.61mg (40.44%), Vitamin C: 32.24mg (39.08%), Potassium: 1317.1mg (37.63%), Phosphorus: 370.48mg (37.05%), Zinc: 4.45mg (29.65%), Vitamin B12: 1.51µg (25.08%), Manganese: 0.47mg (23.61%), Iron: 4.01mg (22.28%), Magnesium: 80.28mg (20.07%), Vitamin B2: 0.32mg (18.58%), Copper: 0.34mg (17.13%), Vitamin B5: 1.7mg (16.99%), Vitamin D: 2.47µg (16.49%), Fiber: 3.9g (15.6%), Vitamin E: 1.76mg (11.73%), Vitamin A: 571.35IU (11.43%), Vitamin K: 9.66µg (9.2%), Folate: 33.95µg (8.49%), Calcium: 60.17mg (6.02%), Selenium: 1.12µg (1.6%)