



Sausages with Caramelized Red Onions and Radicchio

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 tablespoon butter
- ☐ 12 ounces chicken-apple sausages fully cooked
- ☐ 2 teaspoons olive oil divided
- ☐ 8 cups treviso radicchio cored thinly sliced (20 ounces total)
- ☐ 20 ounces onions red halved thinly sliced ()

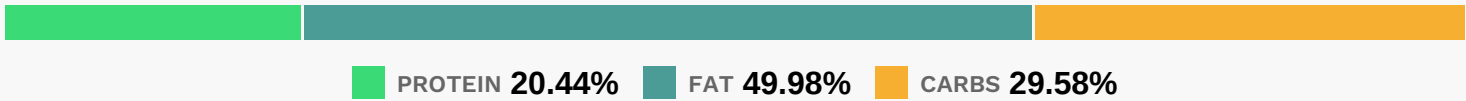
Equipment

☐ frying pan

Directions

- ☐ Melt butter with 1 teaspoon olive oil in heavy large skillet over medium heat.
- ☐ Add red onions and cook until soft and golden brown, stirring often, about 25 minutes.
- ☐ Add radicchio and sauté until wilted, about 2 minutes.
- ☐ Add balsamic vinegar and cook over medium-high heat until liquid is absorbed, about 1 minute. Season to taste with salt and pepper. Keep onion-radicchio mixture warm while preparing sausages.
- ☐ Heat remaining 1 teaspoon olive oil in another heavy large skillet over medium-high heat.
- ☐ Add chicken-apple sausages and cook until sausages are well browned and heated through, turning frequently, about 5 minutes.
- ☐ Serve onion-radicchio mixture alongside sausages.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:3.95, Inflammation Score:-8, Nutrition Score:12.26347825741%

Flavonoids

Cyanidin: 101.59mg, Cyanidin: 101.59mg, Cyanidin: 101.59mg, Cyanidin: 101.59mg Delphinidin: 6.14mg, Delphinidin: 6.14mg, Delphinidin: 6.14mg, Delphinidin: 6.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 30.41mg, Luteolin: 30.41mg, Luteolin: 30.41mg, Luteolin: 30.41mg Isorhamnetin: 7.1mg, Isorhamnetin: 7.1mg, Isorhamnetin: 7.1mg, Isorhamnetin: 7.1mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 53.98mg, Quercetin: 53.98mg, Quercetin: 53.98mg, Quercetin: 53.98mg

Nutrients (% of daily need)

Calories: 298.53kcal (14.93%), Fat: 17.17g (26.42%), Saturated Fat: 4.68g (29.27%), Carbohydrates: 22.87g (7.62%), Net Carbohydrates: 19.74g (7.18%), Sugar: 9.31g (10.34%), Cholesterol: 67.57mg (22.52%), Sodium: 918.62mg (39.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.8g (31.61%), Vitamin K: 206.02µg (196.21%), Vitamin C: 18.08mg (21.92%), Folate: 75.04µg (18.76%), Copper: 0.33mg (16.56%), Manganese: 0.31mg (15.45%), Vitamin E: 2.21mg (14.7%), Potassium: 462.85mg (13.22%), Fiber: 3.13g (12.52%), Vitamin B6: 0.22mg (10.79%), Iron: 1.57mg (8.75%), Vitamin A: 412.12IU (8.24%), Phosphorus: 76.23mg (7.62%), Magnesium: 26.08mg (6.52%), Vitamin B1:

0.08mg (5.21%), Calcium: 51.9mg (5.19%), Zinc: 0.75mg (5%), Vitamin B5: 0.39mg (3.93%), Vitamin B2: 0.06mg (3.64%), Selenium: 1.46µg (2.09%), Vitamin B3: 0.37mg (1.85%)