



HEALTH SCORE

54%

Sausages with creamy lentils



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



1207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bacon chopped
- ☐ 2 carrots
- ☐ 1 celery stalks
- ☐ 4 tbsp crème fraîche
- ☐ 410 g green lentils canned
- ☐ 1 onion
- ☐ 8 pork sausage
- ☐ 2 tbsp unrefined sunflower oil

- ☐ 200 ml vegetable stock hot fine (a cube is)
- ☐ 2 thyme sprigs dried fresh

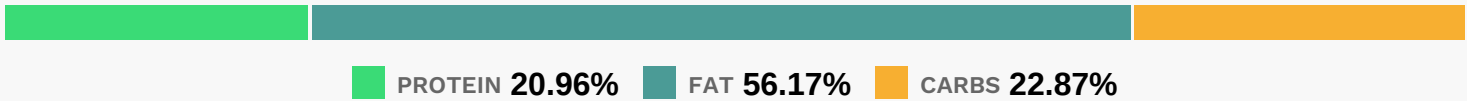
Equipment

- ☐ food processor
- ☐ grill

Directions

- ☐ Preheat the grill. Grill thesausages for 15–20 minutes, turning occasionally, until theyare evenly browned andcooked through.Meanwhile, chop the onion,carrots and celery into smallpieces. (A food processor canmake short work of this.)
- ☐ Heatthe sunflower oil in a mediumpan. Fry the bacon for 2minutes, then stir in thechopped vegetables andthyme. Cook over a mediumheat for 8 minutes, stirringoccasionally, until the vegetables have softened andare beginning to brown.
- ☐ Pour in the stock andsimmer for 8 minutes until thecarrots are tender.
- ☐ Drain thelentils, then stir into thevegetables.
- ☐ Heat through for acouple of minutes, thenseason and stir in the crèmefraiche or cream.
- ☐ Serve withthe grilled sausages.

Nutrition Facts



Properties

Glycemic Index:62.11, Glycemic Load:9.31, Inflammation Score:-10, Nutrition Score:49.921739329462%

Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg Gallicocatechin: 0.14mg, Gallicocatechin: 0.14mg, Gallicocatechin: 0.14mg, Gallicocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 1207.01kcal (60.35%), Fat: 74.85g (115.15%), Saturated Fat: 23.43g (146.42%), Carbohydrates: 68.56g (22.85%), Net Carbohydrates: 35.89g (13.05%), Sugar: 5.54g (6.15%), Cholesterol: 177.06mg (59.02%), Sodium: 1741.7mg (75.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.85g (125.7%), Fiber: 32.67g (130.68%), Folate: 505.56µg (126.39%), Vitamin A: 5518.2IU (110.36%), Vitamin B1: 1.58mg (105.49%), Phosphorus: 811.76mg (81.18%), Manganese: 1.47mg (73.29%), Vitamin B3: 14.1mg (70.48%), Vitamin B6: 1.36mg (67.84%), Zinc: 10.1mg (67.36%), Iron: 10.53mg (58.49%), Potassium: 1719.53mg (49.13%), Magnesium: 166.53mg (41.63%), Vitamin B5: 3.93mg (39.33%), Copper: 0.72mg (35.77%), Vitamin B12: 2µg (33.35%), Vitamin B2: 0.55mg (32.3%), Vitamin E: 4.11mg (27.4%), Vitamin D: 2.98µg (19.88%), Selenium: 11.33µg (16.19%), Vitamin C: 10.87mg (13.17%), Calcium: 109.22mg (10.92%), Vitamin K: 11.02µg (10.49%)