



Sausages with fruity coleslaw



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



962 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 sausage
- ☐ 4 tbsp jam
- ☐ 2 tbsp olive oil
- ☐ 0.5 juice of lime
- ☐ 0.3 cabbage shredded white
- ☐ 4 carrots grated
- ☐ 0.5 onion red sliced
- ☐ 1 apples red cored sliced

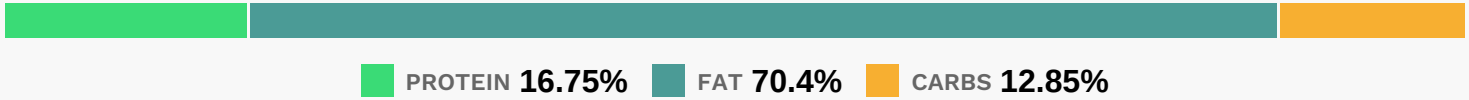
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Heat grill to medium and snip sausages apart into a roasting tin.
- ☐ Whisk the jelly and oil together well, then use 1 tbsp of the mix to coat the sausages. Grill for 8–10 mins, turning, until cooked through and sticky.
- ☐ Meanwhile, whisk the lime juice into the remaining redcurrant mixture, then pour into a large bowl.
- ☐ Add the shredded cabbage, carrot, onion and apple and give everything a good mix with some seasoning.
- ☐ Serve the fruity coleslaw with the sausages and split jacket potatoes.

Nutrition Facts



Properties

Glycemic Index:58.21, Glycemic Load:12.16, Inflammation Score:-10, Nutrition Score:29.505652085595%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin:

4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 961.97kcal (48.1%), Fat: 74.96g (115.33%), Saturated Fat: 23.46g (146.6%), Carbohydrates: 30.79g (10.26%), Net Carbohydrates: 26.11g (9.49%), Sugar: 19.79g (21.98%), Cholesterol: 183.6mg (61.2%), Sodium: 1681.72mg (73.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.13g (80.26%), Vitamin A: 10464.25IU (209.28%), Vitamin B3: 12.8mg (63.97%), Vitamin K: 57.49µg (54.76%), Vitamin B1: 0.79mg (52.96%), Vitamin B6: 0.98mg (48.77%), Phosphorus: 393.67mg (39.37%), Vitamin C: 32.15mg (38.97%), Zinc: 5.84mg (38.92%), Vitamin B12: 2.17µg (36.13%), Potassium: 1012.69mg (28.93%), Vitamin B2: 0.4mg (23.56%), Vitamin D: 3.32µg (22.1%), Vitamin B5: 2.05mg (20.51%), Iron: 3.5mg (19.47%), Fiber: 4.69g (18.75%), Vitamin E: 2.1mg (13.98%), Magnesium: 54.58mg (13.65%), Copper: 0.25mg (12.26%), Manganese: 0.23mg (11.66%), Folate: 45.1µg (11.27%), Calcium: 76.27mg (7.63%), Selenium: 0.7µg (1.01%)