



Sausages with quick onion gravy



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 onions cut into thin wedges
- ☐ 2 tbsp balsamic vinegar
- ☐ 8 sausages
- ☐ 1 tbsp worcestershire sauce
- ☐ 4 servings potato and green beans mashed

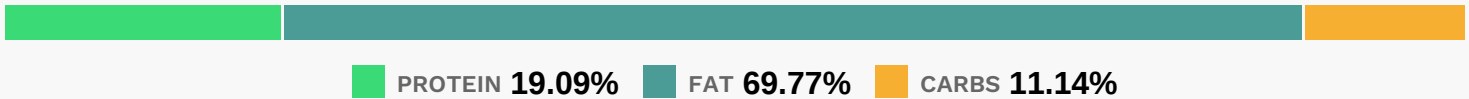
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Put the onions into a roasting tray and drizzle with the vinegar and seasoning. Sit the sausages on top and roast for 30 mins, stirring halfway.
- ☐ Pour over the stock and Worcestershire sauce, return to the oven and cook for 10 mins more.
- ☐ Serve with the mash and green beans.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:4.03, Inflammation Score:-7, Nutrition Score:17.68869567954%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 23.83mg, Quercetin: 23.83mg, Quercetin: 23.83mg, Quercetin: 23.83mg

Nutrients (% of daily need)

Calories: 588.16kcal (29.41%), Fat: 45.33g (69.74%), Saturated Fat: 15.03g (93.92%), Carbohydrates: 16.29g (5.43%), Net Carbohydrates: 12.93g (4.7%), Sugar: 8.08g (8.98%), Cholesterol: 122.4mg (40.8%), Sodium: 1145.99mg (49.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.91g (55.82%), Vitamin B3: 8.56mg (42.78%), Vitamin B1: 0.57mg (37.74%), Vitamin B6: 0.73mg (36.49%), Phosphorus: 286.37mg (28.64%), Zinc: 4.02mg (26.82%), Vitamin B12: 1.45µg (24.08%), Vitamin K: 24.81µg (23.63%), Potassium: 741.21mg (21.18%), Vitamin C: 16.59mg (20.11%), Vitamin B2: 0.3mg (17.64%), Iron: 2.97mg (16.49%), Vitamin D: 2.21µg (14.73%), Vitamin B5: 1.4mg (14%), Manganese: 0.28mg (13.98%), Fiber: 3.36g (13.42%), Magnesium: 50.06mg (12.52%), Folate: 41.09µg (10.27%), Vitamin A: 512.56IU (10.25%), Copper: 0.2mg (10.18%), Calcium: 67.66mg (6.77%), Vitamin E: 0.57mg (3.83%), Selenium: 0.9µg (1.29%)