



Sausages with sticky onion gravy

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g sausage
- ☐ 1 onion (see recipe underneath)
- ☐ 1 tbsp flour plain
- ☐ 1 sprig thyme leaves leaves picked
- ☐ 400 ml beef stock
- ☐ 1 tablespoon worcestershire sauce
- ☐ 50 g butter
- ☐ 12 medium onion

☐ 1 tsp sugar

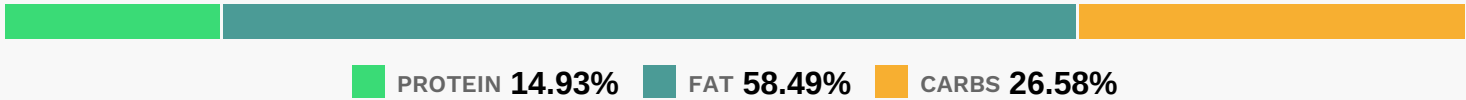
Equipment

☐ frying pan

Directions

- ☐ Fry sausages for 15 mins or until browned, then remove from pan and keep warm.
- ☐ Heat onions in same pan, then add flour, stirring for 1 min.
- ☐ Add thyme, then gradually add stock. Bring to boil then simmer for 5 mins until smooth.
- ☐ Add Worcestershire sauce, season and serve with sausages.
- ☐ For the onions: Makes 600g, which is 3 batches. Prep time 5 mins, cook time 30 mins. Melt the butter in a large, deep frying pan and stir through the onions. Cover with a lid and cook gently for about 10 mins, until softened.
- ☐ Remove lid, add sugar, then cook 15–20 mins, stirring, until all of the liquid has evaporated and onions have turned golden. Divide into 3 batches to make the recipes, right. Will keep in the fridge for up to 5 days, or freeze for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:80.52, Glycemic Load:9.16, Inflammation Score:-9, Nutrition Score:17.736956357956%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 17.91mg, Isorhamnetin: 17.91mg, Isorhamnetin: 17.91mg, Isorhamnetin: 17.91mg Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 72.57mg, Quercetin: 72.57mg, Quercetin: 72.57mg, Quercetin: 72.57mg

Nutrients (% of daily need)

Calories: 564.21kcal (28.21%), Fat: 37.14g (57.14%), Saturated Fat: 15.41g (96.32%), Carbohydrates: 37.97g (12.66%), Net Carbohydrates: 31.81g (11.57%), Sugar: 17.19g (19.1%), Cholesterol: 98.88mg (32.96%), Sodium: 986.85mg (42.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.33g (42.67%), Vitamin B6: 0.79mg (39.64%),

Vitamin C: 28.11mg (34.07%), Vitamin B1: 0.49mg (32.76%), Vitamin B3: 6.15mg (30.76%), Potassium: 998.17mg (28.52%), Phosphorus: 277.96mg (27.8%), Fiber: 6.16g (24.65%), Manganese: 0.48mg (24.17%), Zinc: 2.99mg (19.92%), Vitamin B2: 0.33mg (19.49%), Folate: 75.21µg (18.8%), Magnesium: 58.47mg (14.62%), Vitamin B12: 0.87µg (14.52%), Iron: 2.49mg (13.85%), Copper: 0.27mg (13.44%), Vitamin B5: 1.13mg (11.34%), Calcium: 108.19mg (10.82%), Vitamin D: 1.3µg (8.67%), Vitamin A: 409.76IU (8.2%), Selenium: 3.79µg (5.42%), Vitamin E: 0.57mg (3.77%), Vitamin K: 2.85µg (2.72%)