



Sausages with warm red cabbage & beetroot slaw



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



934 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 pork sausage
- ☐ 100 ml balsamic vinegar
- ☐ 100 g t brown sugar dark soft
- ☐ 1 tbsp cumin seeds
- ☐ 140 g fruit mixed dried such as currants, raisins and sultana
- ☐ 1 cabbage shredded red
- ☐ 4 beets grated

☐ 4 chunks dijon mustard english

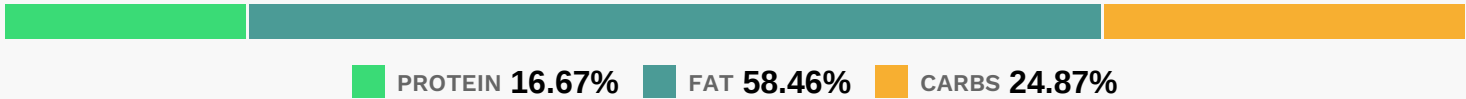
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put the sausages on a baking tray and cook for 30–35 mins or until cooked through and golden.
- ☐ Meanwhile, put the vinegar, sugar, cumin and dried fruit into a large pan and gently heat until sugar dissolves. Bring to the boil, then bubble for 3 mins or until slightly reduced. Tip in the cabbage and beetroot, stir well, then cook for 10 mins more.
- ☐ Serve as hot dogs in a baguette with the warm slaw and a little mustard.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:9.4, Inflammation Score:-10, Nutrition Score:36.255652562432%

Flavonoids

Cyanidin: 440.12mg, Cyanidin: 440.12mg, Cyanidin: 440.12mg, Cyanidin: 440.12mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 933.56kcal (46.68%), Fat: 60.92g (93.73%), Saturated Fat: 19.98g (124.87%), Carbohydrates: 58.33g (19.44%), Net Carbohydrates: 50.91g (18.51%), Sugar: 45.96g (51.06%), Cholesterol: 162.72mg (54.24%), Sodium: 1660.42mg (72.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.08g (78.16%), Vitamin C: 126.04mg (152.78%), Vitamin K: 82.88µg (78.94%), Vitamin B6: 1.21mg (60.36%), Vitamin B3: 12.01mg (60.06%), Vitamin A:

2662.12IU (53.24%), Vitamin B1: 0.79mg (52.99%), Manganese: 0.9mg (45.08%), Phosphorus: 418.63mg (41.86%), Potassium: 1458.07mg (41.66%), Zinc: 5.79mg (38.57%), Iron: 6.32mg (35.1%), Folate: 130.49µg (32.62%), Vitamin B12: 1.92µg (32.02%), Fiber: 7.42g (29.67%), Vitamin B2: 0.47mg (27.44%), Magnesium: 96.78mg (24.2%), Vitamin B5: 2mg (19.99%), Vitamin D: 2.94µg (19.59%), Calcium: 171.59mg (17.16%), Copper: 0.3mg (15.22%), Vitamin E: 0.74mg (4.95%), Selenium: 2.21µg (3.16%)