



Sizzling sausage salad

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



549 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 400 g pack sausages
- ☐ 1 onion red roughly chopped
- ☐ 1 tbsp wholegrain mustard
- ☐ 1 tbsp muscovado sugar light
- ☐ 16 cherry tomatoes
- ☐ 2 little gem lettuces
- ☐ 1 large avocado

- ☐ 0.3 cucumber
- ☐ 1 tbsp red wine vinegar
- ☐ 4 servings top

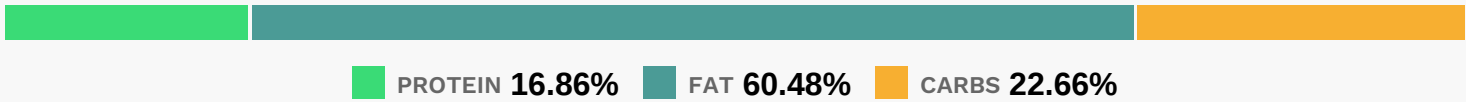
Equipment

- ☐ frying pan
- ☐ wok
- ☐ kitchen scissors

Directions

- ☐ Heat the oil in a wok or deep frying pan. Using scissors, snip the sausages into quarters straight into the pan. Throw in the onion, and fry for a minute or two, stirring every now and then to brown everything. Spoon in the mustard and sugar, tip in the tomatoes and cook for a few minutes more, stirring occasionally, until the tomatoes are just beginning to split and the mixture is coated in the sweet mustard glaze.
- ☐ Meanwhile, separate the lettuces into leaves, peel, stone and slice the avocado and halve and slice the cucumber.
- ☐ Mix them together and pile onto a platter. Spoon the hot sausage mixture on top.
- ☐ Add the vinegar and 1 tbsp water to the pan and stir it over the heat to dislodge all those tasty flavourings from the pan. Spoon the pan juices over the salad and serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:63.63, Glycemic Load:5.47, Inflammation Score:-9, Nutrition Score:37.401738850967%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 548.59kcal (27.43%), Fat: 38.72g (59.57%), Saturated Fat: 10.64g (66.48%), Carbohydrates: 32.64g (10.88%), Net Carbohydrates: 21.78g (7.92%), Sugar: 18.92g (21.02%), Cholesterol: 72mg (24%), Sodium: 708.28mg (30.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.28g (48.56%), Vitamin C: 120.2mg (145.7%), Vitamin B6: 1.77mg (88.56%), Potassium: 2202.1mg (62.92%), Manganese: 1.21mg (60.64%), Vitamin B2: 1.03mg (60.33%), Folate: 224.2µg (56.05%), Vitamin B3: 8.81mg (44.05%), Fiber: 10.86g (43.43%), Vitamin B1: 0.64mg (42.51%), Phosphorus: 412.87mg (41.29%), Magnesium: 138.54mg (34.63%), Vitamin A: 1630.6IU (32.61%), Vitamin K: 33.48µg (31.89%), Zinc: 4.34mg (28.96%), Copper: 0.53mg (26.58%), Vitamin B5: 2.43mg (24.32%), Iron: 4.09mg (22.71%), Vitamin E: 2.82mg (18.81%), Vitamin B12: 0.85µg (14.17%), Calcium: 122.07mg (12.21%), Vitamin D: 1.3µg (8.67%), Selenium: 3.43µg (4.9%)