



Spicy Sausage Sauce



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



248 kcal

SAUCE

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 1 tablespoon garlic thinly sliced
- ☐ 1 cup lightly fresh packed
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 8 servings gray salt
- ☐ 1 pound spicy sausage links italian
- ☐ 2 serrano chiles
- ☐ 28 ounce tomatoes pureed whole with their juices

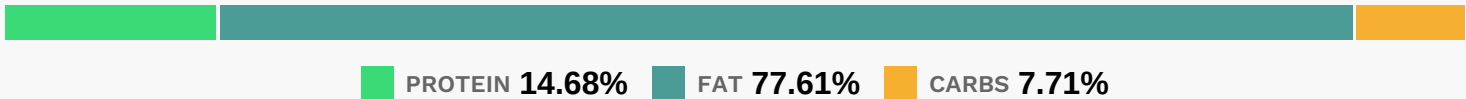
Equipment

- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Heat the oil in a large saucepan over high heat.
- ☐ Add the sausages and enough water to come about half way up the sausages. Cover, reduce the heat to medium low, and cook until done, about 10 minutes.
- ☐ Remove the lid and allow the water to evaporate. The sausages will then fry in their oil when water evaporates.
- ☐ Remove the sausages from the saucepan and drain them on paper towels.
- ☐ Remove all but 2 tablespoons of fat from the saucepan.
- ☐ Add the sliced garlic and chiles and cook until the garlic begins to brown, about 1 minute, stirring occasionally.
- ☐ Add the basil and cook for 15 seconds, then add the tomato puree. Simmer the mixture for 15 to 20 minutes, stirring occasionally. Taste and adjust seasoning with salt and pepper.
- ☐ Cut the sausage links in half lengthwise, then crosswise into 1/4-inch pieces, creating half-moons. Return the sausages to the saucepan and heat through.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:1.24, Inflammation Score:-6, Nutrition Score:10.039565262587%

Flavonoids

Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 247.89kcal (12.39%), Fat: 21.5g (33.07%), Saturated Fat: 6.91g (43.16%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 3.46g (1.26%), Sugar: 2.69g (2.99%), Cholesterol: 43.09mg (14.36%), Sodium: 613.75mg (26.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.15g (18.29%), Vitamin B1: 0.36mg (24.18%), Vitamin K: 22.75µg (21.67%), Selenium: 14.22µg (20.32%), Vitamin A: 999.47IU (19.99%), Vitamin C: 16.25mg (19.7%), Vitamin B6: 0.27mg (13.72%), Vitamin B3: 2.49mg (12.45%), Potassium: 397.45mg (11.36%), Phosphorus: 108.29mg (10.83%), Manganese: 0.21mg (10.66%), Vitamin B12: 0.52µg (8.6%), Zinc: 1.23mg (8.17%), Vitamin E: 1.08mg (7.17%), Vitamin B2: 0.12mg (6.99%), Copper: 0.12mg (6.09%), Iron: 1.09mg (6.07%), Folate: 21.85µg (5.46%), Magnesium: 21.53mg (5.38%), Fiber: 1.34g (5.36%), Vitamin B5: 0.39mg (3.94%), Calcium: 28.01mg (2.8%)