



Sticky apple, sausage & bacon



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



949 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 bacon smoked
- ☐ 8 pork sausage
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 2 apples cut into 8 wedges

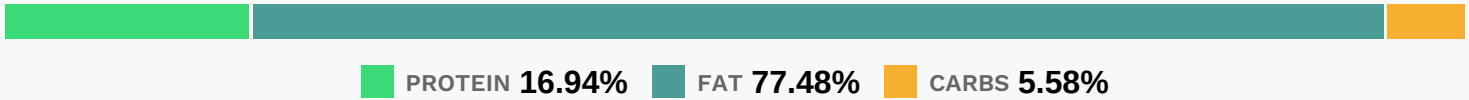
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Tie a piece of bacon around each sausage.
- ☐ Heat the oil in a flameproof roasting tin on the hob, then brown the sausages in the tin.
- ☐ Place in the oven and roast for 20 mins.
- ☐ Toss in the apple wedges and roast everything for another 10 mins until the sausages are cooked and the apples are sticky and caramelised.
- ☐ Serve with mash.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:3.32, Inflammation Score:-2, Nutrition Score:19.039130438929%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 948.78kcal (47.44%), Fat: 81.08g (124.73%), Saturated Fat: 26.1g (163.12%), Carbohydrates: 13.12g (4.37%), Net Carbohydrates: 10.94g (3.98%), Sugar: 9.46g (10.52%), Cholesterol: 191.76mg (63.92%), Sodium: 1729.55mg (75.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.89g (79.79%), Vitamin B3: 12.48mg (62.41%), Vitamin B1: 0.76mg (50.56%), Vitamin B6: 0.85mg (42.3%), Phosphorus: 378.47mg (37.85%), Zinc: 5.46mg (36.4%), Vitamin B12: 2.14µg (35.68%), Potassium: 744.97mg (21.28%), Vitamin D: 3.11µg (20.76%), Vitamin B2: 0.34mg (19.71%), Vitamin B5: 1.82mg (18.16%), Iron: 2.8mg (15.55%), Vitamin E: 2.22mg (14.8%), Selenium: 8.84µg (12.63%), Magnesium: 41.47mg (10.37%), Copper: 0.19mg (9.61%), Fiber: 2.18g (8.74%), Vitamin C: 5.77mg (6.99%), Vitamin A: 234.92IU (4.7%), Vitamin K: 3.1µg (2.95%), Calcium: 28mg (2.8%), Manganese: 0.05mg (2.4%), Folate: 4.99µg

(1.25%)