

## Sticky chipolatas



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



166 kcal

SIDE DISH

### Ingredients

- ☐ 2 tbsp clear honey
- ☐ 2 tsp wholegrain mustard
- ☐ 2 tsp mustard english
- ☐ 390 g pack cocktail sausage

### Equipment

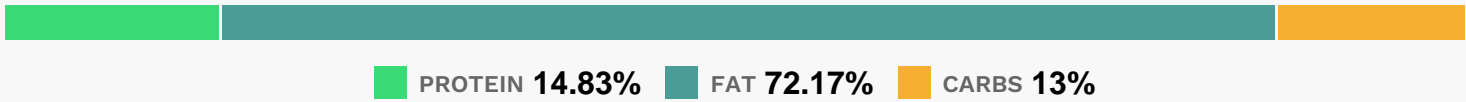
- ☐ bowl
- ☐ oven
- ☐ baking pan

☐ aluminum foil

## Directions

- ☐ Heat oven to 200C/180C fan/gas 6 and line a baking tray with foil.
- ☐ Mix honey and both of the mustards in a bowl. You can make the glaze 2-3 days ahead.
- ☐ Add the sausages and toss well to coat them. Arrange the sausages, spaced apart, on the baking tray. Smooth any remaining glaze left in the bowl on top of the sausages to make them extra sticky.
- ☐ Bake for 20 mins until golden.

## Nutrition Facts



## Properties

Glycemic Index:10.53, Glycemic Load:2.26, Inflammation Score:0, Nutrition Score:1.4369565203948%

## Nutrients (% of daily need)

Calories: 165.9kcal (8.29%), Fat: 13.4g (20.62%), Saturated Fat: 4.62g (28.85%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 5.37g (1.95%), Sugar: 5.17g (5.75%), Cholesterol: 31.2mg (10.4%), Sodium: 618.43mg (26.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.4%), Phosphorus: 104.91mg (10.49%), Zinc: 0.98mg (6.53%), Copper: 0.1mg (5.02%), Iron: 0.62mg (3.43%), Potassium: 88.94mg (2.54%), Magnesium: 8.99mg (2.25%)