



Sticky hoisin sausages



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



173 kcal

SAUCE

Ingredients

- ☐ 3 tbsp hoisin sauce
- ☐ 1 tbsp clear honey
- ☐ 1 tsp coarse mustard
- ☐ 1 tbsp sesame seed
- ☐ 30 little wieners

Equipment

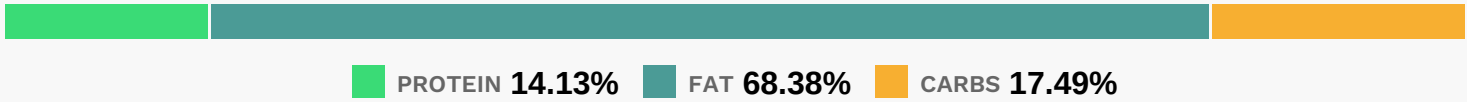
- ☐ oven
- ☐ baking pan

- ☐ aluminum foil
- ☐ cocktail sticks

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Mix the hoisin sauce, honey, mustard and sesame seeds.
- ☐ Add the sausages, tossing well to coat them.
- ☐ Line a baking tray with foil and arrange the sausages on it, spaced apart. Smooth any remaining glaze on top of the sausages to make them extra sticky.
- ☐ Bake for 20–25 mins until golden. Pack in a container, or wrap in foil, with some cocktail sticks.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:1.57, Inflammation Score:-1, Nutrition Score:2.2317391499553%

Nutrients (% of daily need)

Calories: 172.79kcal (8.64%), Fat: 13.24g (20.37%), Saturated Fat: 4.4g (27.51%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 7.17g (2.61%), Sugar: 5.7g (6.34%), Cholesterol: 29.04mg (9.68%), Sodium: 598.97mg (26.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.31%), Phosphorus: 108.92mg (10.89%), Copper: 0.16mg (8.17%), Zinc: 1.04mg (6.94%), Iron: 0.86mg (4.77%), Magnesium: 15.31mg (3.83%), Manganese: 0.06mg (3.17%), Potassium: 97.46mg (2.78%), Calcium: 22.87mg (2.29%), Fiber: 0.44g (1.78%), Selenium: 0.97µg (1.39%), Vitamin B2: 0.02mg (1.35%)