



Sticky pan-roasted sausages with grapes



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 450 g pork sausage
- ☐ 2 onion sliced
- ☐ 1 garlic clove sliced
- ☐ 1 tsp fennel seeds
- ☐ 100 g grapes
- ☐ 2 tbsp red wine vinegar

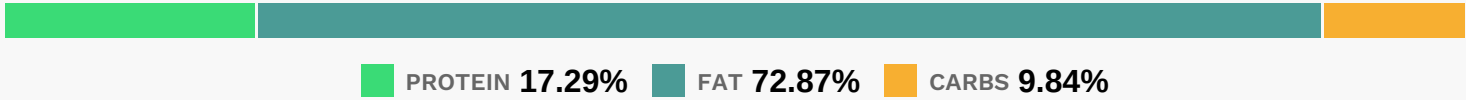
Equipment

☐ frying pan

Directions

- ☐ Heat the olive oil in a large frying pan set over a medium heat, tip in the sausages, then cook for 10 mins, turning every so often. Stir in the onions, then leave to cook for 5 mins more until the sausages are browned and the onions softened.
- ☐ Tip in the garlic, fennel seeds and grapes and cook for 5 more mins, stirring often, until the grapes are starting to soften.
- ☐ Pour over the vinegar and swirl around the pan. Cook for a few mins more until the onions are sticky and the sausages cooked through.
- ☐ Serve with soft polenta or mashed potato.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:3.18, Inflammation Score:-3, Nutrition Score:9.8500000419824%

Flavonoids

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: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg

Nutrients (% of daily need)

Calories: 416.45kcal (20.82%), Fat: 33.52g (51.57%), Saturated Fat: 10.42g (65.11%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 8.82g (3.21%), Sugar: 6.21g (6.91%), Cholesterol: 81mg (27%), Sodium: 719.43mg (31.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.89g (35.78%), Vitamin B3: 5.44mg (27.19%), Vitamin B1: 0.36mg (23.7%), Vitamin B6: 0.44mg (22.17%), Phosphorus: 177mg (17.7%), Zinc: 2.58mg (17.21%), Vitamin B12: 0.96µg (15.94%), Potassium: 421.47mg (12.04%), Vitamin B2: 0.17mg (10.13%), Vitamin D: 1.46µg (9.75%), Iron: 1.61mg (8.96%), Vitamin B5: 0.84mg (8.39%), Vitamin C: 6.03mg (7.31%), Manganese: 0.14mg (7.15%), Copper: 0.14mg (6.79%), Magnesium: 25.41mg (6.35%), Vitamin K: 6.44µg (6.13%), Fiber: 1.37g (5.5%), Vitamin E: 0.78mg (5.18%), Calcium: 33.09mg (3.31%), Folate: 12.1µg (3.02%), Vitamin A: 102.72IU (2.05%)