



Sticky sausage baguettes

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



1036 kcal

Ingredients

- ☐ 8 pork sausage
- ☐ 1 tbsp cooking oil
- ☐ 3 tbsp soya sauce
- ☐ 3 tbsp honey
- ☐ 4 tsp coarse mustard
- ☐ 8 crusty baguette
- ☐ 1 leaves the salad

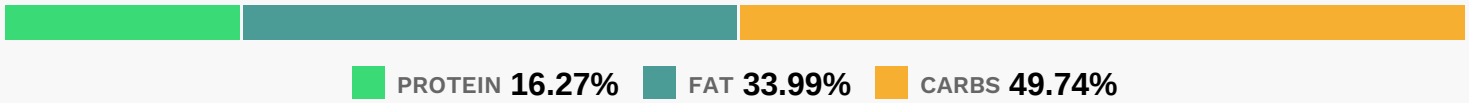
Equipment

- ☐ oven

Directions

- ☐ Toss sausages in oil in a roasting tin and roast at 200C/180C fan/ gas 6 for 20 mins until browned.
- ☐ Mix soy sauce, honey and mustard together.
- ☐ Drain the fat from the sausages and pour over most of the soy mix, coating thoroughly. Return to the oven for 10 mins until sticky.
- ☐ Serve in baguettes with salad leaves and the remaining soy mix.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:85.95, Inflammation Score:-7, Nutrition Score:33.060869362043%

Nutrients (% of daily need)

Calories: 1036.03kcal (51.8%), Fat: 38.65g (59.45%), Saturated Fat: 11.44g (71.47%), Carbohydrates: 127.25g (42.42%), Net Carbohydrates: 121.82g (44.3%), Sugar: 18.34g (20.38%), Cholesterol: 81.36mg (27.12%), Sodium: 2668.58mg (116.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.62g (83.24%), Vitamin B1: 1.77mg (118.3%), Vitamin B3: 16.96mg (84.78%), Folate: 270.22µg (67.56%), Selenium: 43.97µg (62.81%), Manganese: 1.22mg (60.81%), Vitamin B2: 0.96mg (56.2%), Iron: 10.11mg (56.19%), Phosphorus: 401.89mg (40.19%), Vitamin B6: 0.62mg (31.15%), Zinc: 4.49mg (29.93%), Calcium: 276.08mg (27.61%), Fiber: 5.43g (21.71%), Magnesium: 84.89mg (21.22%), Copper: 0.39mg (19.55%), Potassium: 612.61mg (17.5%), Vitamin B5: 1.74mg (17.42%), Vitamin B12: 0.96µg (16.01%), Vitamin D: 1.47µg (9.79%), Vitamin K: 9.24µg (8.8%), Vitamin E: 1.25mg (8.36%), Vitamin A: 87.94IU (1.76%), Vitamin C: 0.87mg (1.05%)