



Sticky sausage burgers with blue cheese

READY IN



35 min.

SERVINGS



4

CALORIES



733 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 pork sausage
- ☐ 50 g breadcrumbs
- ☐ 4 tbsp onion
- ☐ 10 sage chopped
- ☐ 50 g cheese blue cut into 4 chunks (we used Gorgonzola)
- ☐ 4 hawaiian rolls

Equipment

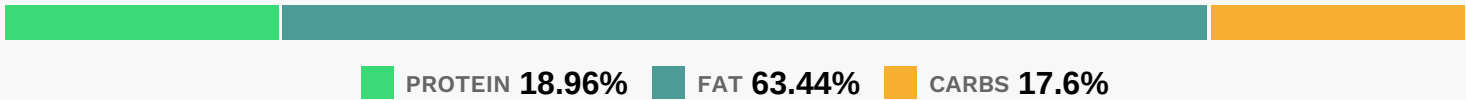
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ kitchen scissors

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Using scissors, snip open the sausage skins and squeeze the meat into a bowl.
- ☐ Add the breadcrumbs, 2 tbsp chutney and the sage, then mix well with your hands. Divide the mix into 4, then shape into burgers, pushing the chunks of cheese into the middle of each patty. Make sure the cheese is completely sealed in or it will leak out during cooking.
- ☐ Place the burgers on a baking tray, then cook for 25 mins until browned and cooked through to the middle. Split open the buns, stuff with your favourite salad, then top with a burger and some of the remaining chutney.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:13.16, Inflammation Score:-4, Nutrition Score:19.870869512143%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 732.9kcal (36.64%), Fat: 50.91g (78.33%), Saturated Fat: 17.77g (111.04%), Carbohydrates: 31.78g (10.59%), Net Carbohydrates: 30.27g (11.01%), Sugar: 4.39g (4.88%), Cholesterol: 131.41mg (43.81%), Sodium: 1526.1mg (66.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.24g (68.47%), Vitamin B1: 0.83mg (55.27%), Vitamin B3: 10.74mg (53.69%), Phosphorus: 344.19mg (34.42%), Zinc: 4.52mg (30.16%), Vitamin B6: 0.59mg (29.68%), Vitamin B12: 1.72µg (28.72%), Vitamin B2: 0.44mg (25.61%), Copper: 0.51mg (25.35%), Selenium: 16.71µg (23.87%), Iron: 4.03mg (22.4%), Manganese: 0.39mg (19.26%), Calcium: 169.01mg (16.9%), Potassium: 544.35mg (15.55%), Folate: 61.89µg (15.47%), Vitamin D: 2.27µg (15.11%), Vitamin B5: 1.43mg (14.35%), Magnesium: 43.04mg (10.76%), Fiber: 1.51g (6.06%), Vitamin A: 223.13IU (4.46%), Vitamin K: 3.91µg (3.72%), Vitamin E: 0.48mg (3.21%), Vitamin C: 2.49mg (3.01%)