



## Sticky sausage & rosemary skewers



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



260 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 12 servings unrefined sunflower oil
- ☐ 12 rosemary
- ☐ 6 bacon
- ☐ 36 little wieners
- ☐ 2 tbsp maple syrup

### Equipment

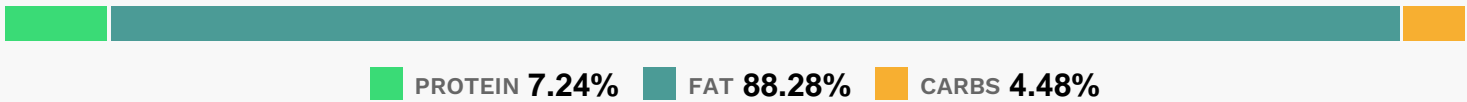
- ☐ oven
- ☐ knife

- ☐ baking pan
- ☐ skewers
- ☐ cutting board

## Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Grease a large baking tray with a little oil. To prepare your skewers, remove most of the leaves from each rosemary sprig, keeping a few leaves at the end. Sharpen the other end to a point by cutting it at an angle.
- ☐ Stretch the bacon by placing it on a chopping board and running the back of a knife along the length.
- ☐ Cut each piece in half across the middle. Thread 3 sausages onto each skewer, weaving a piece of bacon around them as you do.
- ☐ Arrange the skewers on the baking tray and bake for 20 mins. Turn them, brush with maple syrup and return to the oven for 10 mins more until really sticky.

## Nutrition Facts



## Properties

Glycemic Index:8.88, Glycemic Load:0.83, Inflammation Score:-1, Nutrition Score:3.4634782798264%

## Nutrients (% of daily need)

Calories: 260.23kcal (13.01%), Fat: 25.7g (39.54%), Saturated Fat: 5.4g (33.75%), Carbohydrates: 2.94g (0.98%), Net Carbohydrates: 2.89g (1.05%), Sugar: 2.38g (2.64%), Cholesterol: 24.54mg (8.18%), Sodium: 349.11mg (15.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.48%), Vitamin E: 5.8mg (38.66%), Phosphorus: 73.15mg (7.32%), Zinc: 0.69mg (4.59%), Manganese: 0.08mg (3.99%), Selenium: 2.22µg (3.17%), Vitamin B2: 0.05mg (3.04%), Copper: 0.06mg (2.96%), Vitamin B3: 0.45mg (2.23%), Iron: 0.4mg (2.2%), Vitamin B1: 0.03mg (2.2%), Potassium: 76.94mg (2.2%), Magnesium: 6.83mg (1.71%), Vitamin B6: 0.03mg (1.55%)