



Sticky sausage wraps

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

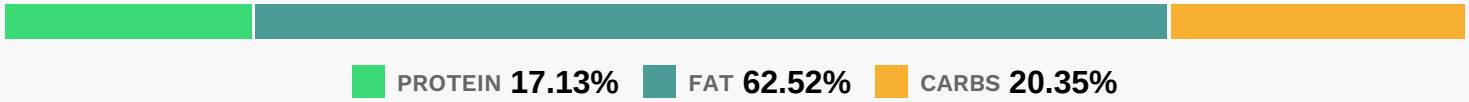
- ☐ 2 tbsp imported mustard (American)
- ☐ 2 tbsp catsup
- ☐ 8 tbsp g muscovado sugar light
- ☐ 12 sausage
- ☐ 1 packet flour tortilla
- ☐ 4 peas
- ☐ 6 servings regular corn

Equipment

Directions

- ☐ Combine the mustard, ketchup and sugar. Preheat the barbecue. Toss the sausages on and sizzle for about 15 minutes, or until they are crispy, but not quite cooked through.
- ☐ Brush the sticky sauce all over the sausages and cook them for another 5 minutes, basting regularly.
- ☐ Heat the tortillas on the barbecue for 30 seconds each side.
- ☐ Roll the sticky sausages in the wraps, along with some baby gem leaves. Finish with a dollop of corn relish.

Nutrition Facts



Properties

Glycemic Index:26.97, Glycemic Load:7.99, Inflammation Score:-4, Nutrition Score:14.731304350107%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 663.69kcal (33.18%), Fat: 46.52g (71.57%), Saturated Fat: 15.12g (94.51%), Carbohydrates: 34.07g (11.36%), Net Carbohydrates: 32.16g (11.69%), Sugar: 20.41g (22.68%), Cholesterol: 122.4mg (40.8%), Sodium: 1314.11mg (57.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.69g (57.37%), Vitamin B3: 9.41mg (47.05%), Vitamin B1: 0.54mg (36.16%), Vitamin B6: 0.64mg (32.2%), Phosphorus: 291.97mg (29.2%), Zinc: 4.19mg (27.93%), Vitamin B12: 1.45µg (24.08%), Potassium: 628.5mg (17.96%), Vitamin B5: 1.78mg (17.75%), Vitamin B2: 0.26mg (15.41%), Vitamin D: 2.21µg (14.73%), Iron: 2.38mg (13.24%), Magnesium: 46.25mg (11.56%), Copper: 0.16mg (8.18%), Manganese: 0.16mg (7.82%), Fiber: 1.91g (7.64%), Vitamin A: 364.18IU (7.28%), Vitamin C: 5.92mg (7.18%), Folate: 20.67µg (5.17%), Calcium: 32.15mg (3.22%), Vitamin E: 0.48mg (3.17%), Vitamin K: 1.34µg (1.27%)