



## Sticky sausages with potato sweetcorn salad

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



990 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 onion red cut into wedges
- ☐ 8 pork sausage
- ☐ 1 tbsp olive oil
- ☐ 750 g baby potatoes
- ☐ 2 tbsp mayonnaise
- ☐ 2 tbsp yogurt
- ☐ 3 spring onion finely sliced
- ☐ 198 g regular corn drained canned

☐ 3 tbsp tomatoes

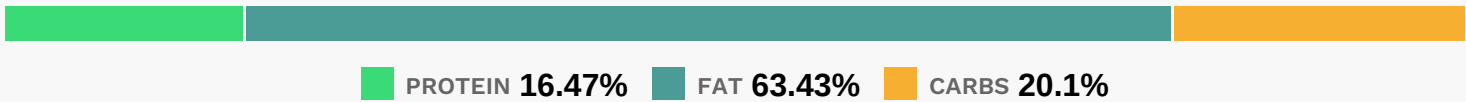
Equipment

☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss the onion and sausages with the oil in a shallow roasting tin.
- ☐ Bake for 25 mins, shaking the tin once for even browning.
- ☐ Meanwhile, boil potatoes for 12–15 mins until tender, then run under cold water and drain.
- ☐ Mix the mayo, yogurt, spring onions and sweetcorn. Thickly slice potatoes and stir through, then season.
- ☐ Turn up oven to 220C/200C fan/gas
- ☐ Add chutney to the sausages and onions. Cook for 5 mins more, until sausages are cooked and sticky.
- ☐ Serve with potato salad.

Nutrition Facts



Properties

Glycemic Index:83.31, Glycemic Load:30.58, Inflammation Score:-7, Nutrition Score:30.044347783794%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg 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: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 13.5mg, Quercetin: 13.5mg, Quercetin: 13.5mg, Quercetin: 13.5mg

Nutrients (% of daily need)

Calories: 989.77kcal (49.49%), Fat: 69.95g (107.61%), Saturated Fat: 21.55g (134.71%), Carbohydrates: 49.88g (16.63%), Net Carbohydrates: 43.26g (15.73%), Sugar: 7.05g (7.83%), Cholesterol: 166.92mg (55.64%), Sodium: 1501.78mg (65.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.86g (81.72%), Vitamin B6: 1.4mg

(69.88%), Vitamin B3: 13.62mg (68.11%), Vitamin C: 48.57mg (58.88%), Vitamin B1: 0.86mg (57.03%), Phosphorus: 482.98mg (48.3%), Potassium: 1606.09mg (45.89%), Zinc: 5.97mg (39.81%), Vitamin K: 37.76µg (35.97%), Vitamin B12: 1.97µg (32.77%), Fiber: 6.61g (26.46%), Vitamin B5: 2.6mg (25.99%), Iron: 4.51mg (25.06%), Magnesium: 97.42mg (24.36%), Manganese: 0.48mg (23.99%), Vitamin B2: 0.4mg (23.74%), Copper: 0.41mg (20.68%), Vitamin D: 2.96µg (19.75%), Folate: 62.56µg (15.64%), Vitamin A: 500.99IU (10.02%), Vitamin E: 1.35mg (9%), Calcium: 77.25mg (7.73%), Selenium: 1.37µg (1.96%)