



## Sweet and Sour Sausage

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup apricot preserves
- 14.5 ounce canned tomatoes canned
- 1 tablespoon cornstarch
- 1 large bell pepper green cut into 1-inch pieces
- 0.5 teaspoon ground ginger
- 1 large onion cut into 1-inch pieces
- 2 cups pineapple chunks drained
- 1.5 pounds sausage smoked cut into 1-inch pieces

1 tablespoon soya sauce

1 tablespoon vinegar

## Equipment

bowl

frying pan

whisk

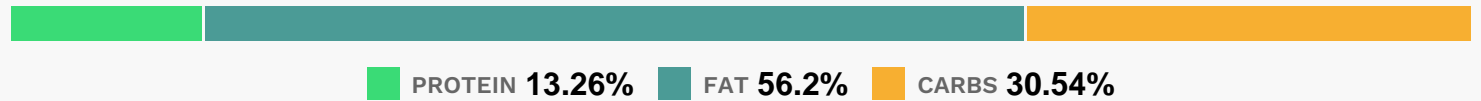
## Directions

Heat a skillet over medium heat; cook and stir sausage, onion, and bell pepper in the hot skillet until vegetables are tender, about 5 minutes.

Whisk apricot preserves, cornstarch, soy sauce, vinegar, and ginger in a small bowl; stir mixture into sausage mixture. Cook and stir until thickened, about 5 minutes.

Add pineapple chunks and tomatoes. Continue to cook and stir until heated through, about 10 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:23.33, Glycemic Load:2.02, Inflammation Score:-5, Nutrition Score:15.887826173202%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

## Nutrients (% of daily need)

Calories: 481.67kcal (24.08%), Fat: 30.52g (46.95%), Saturated Fat: 10.51g (65.67%), Carbohydrates: 37.32g (12.44%), Net Carbohydrates: 33.98g (12.36%), Sugar: 24.59g (27.32%), Cholesterol: 80.51mg (26.84%), Sodium: 1230.34mg (53.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.19g (32.39%), Vitamin C: 39.28mg (47.61%), Vitamin B1: 0.46mg (30.37%), Vitamin B12: 1.71µg (28.54%), Vitamin B3: 5.02mg (25.11%), Selenium: 16.27µg

(23.24%), Vitamin B6: 0.46mg (22.85%), Zinc: 2.77mg (18.44%), Potassium: 621.02mg (17.74%), Phosphorus: 166.55mg (16.65%), Copper: 0.33mg (16.55%), Vitamin B2: 0.27mg (15.8%), Manganese: 0.31mg (15.67%), Iron: 2.6mg (14.44%), Fiber: 3.34g (13.34%), Magnesium: 46.78mg (11.7%), Vitamin D: 1.25µg (8.32%), Vitamin B5: 0.76mg (7.63%), Vitamin E: 1mg (6.69%), Vitamin A: 328.83IU (6.58%), Folate: 25.63µg (6.41%), Vitamin K: 6.31µg (6.01%), Calcium: 57.25mg (5.73%)