



 **19%**
HEALTH SCORE

Welsh Glamorgan Vegetarian Sausages

READY IN



20 min.

SERVINGS



4

CALORIES



873 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

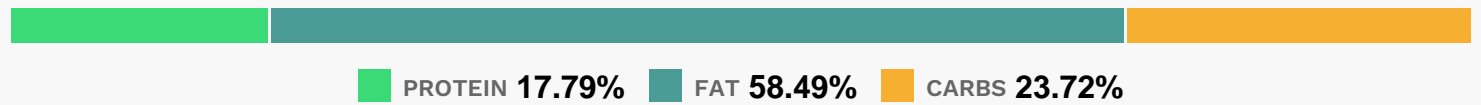
Ingredients

- 1 cup breadcrumbs
- 125 g breadcrumbs fresh white
- 1 egg whites
- 3 egg yolk
- 150 g lancashire cheese grated
- 150 g lancashire cheese grated
- 150 g lancashire cheese grated
- 2 tablespoons spring onion finely chopped
- 1 teaspoon dijon mustard english prepared (you could sub powdered mustard)

- 4 servings cooking oil
- 1 tablespoon parsley chopped
- 4 servings bell pepper to taste
- 4 servings bell pepper to taste
- 4 servings salt to taste
- 0.5 teaspoon thyme leaves

Equipment

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:1.94, Inflammation Score:-9, Nutrition Score:38.525217391304%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 872.59kcal (43.63%), Fat: 57.07g (87.8%), Saturated Fat: 26.86g (167.86%), Carbohydrates: 52.07g (17.36%), Net Carbohydrates: 46.18g (16.79%), Sugar: 10.35g (11.5%), Cholesterol: 261.68mg (87.22%), Sodium: 1314.88mg (57.17%), Protein: 39.06g (78.12%), Vitamin C: 193.01mg (233.96%), Vitamin A: 5248.01IU (104.96%), Calcium: 863.02mg (86.3%), Phosphorus: 712.58mg (71.26%), Selenium: 40.22µg (57.46%), Vitamin B2: 0.81mg (47.51%), Vitamin B1: 0.67mg (44.7%), Folate: 174.68µg (43.67%), Vitamin K: 43.83µg (41.74%), Manganese: 0.72mg (36.08%), Vitamin E: 5.22mg (34.82%), Vitamin B6: 0.67mg (33.39%), Zinc: 4.71mg (31.38%), Vitamin B3: 5.48mg (27.4%), Fiber: 5.9g (23.58%), Iron: 4.21mg (23.36%), Vitamin B12: 1.37µg (22.9%), Magnesium: 69.56mg (17.39%), Potassium: 577.76mg (16.51%), Vitamin B5: 1.22mg (12.19%), Copper: 0.19mg (9.58%), Vitamin D: 0.73µg (4.86%)