



Wholegrain Mustard and Ginger Cocktail Sausages

 Dairy Free

READY IN



52 min.

SERVINGS



50

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon garlic infused olive oil
- ☐ 0.5 cup ginger conserve
- ☐ 1 rye bread loaf for serving approx. 9 inch diameter
- ☐ 50 skinny breakfast sausage links
- ☐ 1 tablespoon soya sauce
- ☐ 0.5 cup wholegrain mustard

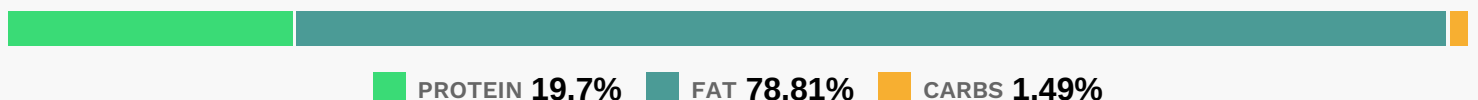
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ aluminum foil
- ☐ cocktail sticks

Directions

- ☐ Preheat the oven to 350 degrees F. In a bowl, whisk together the ginger conserve, mustard, garlic flavored oil and soy sauce.
- ☐ Turn the sausages in the mustardy mix and then arrange them on either a large, shallow-sided tin or 2 smaller tins. The height of the tin's sides will determine how quickly the sausages color and cook.
- ☐ If you are using high-sided tins, they will need about 45 minutes in the oven; cooked on a shallower tray, 30 minutes should be fine. And do line with foil or use throwaway foil trays, or washing-up will be a nightmare. To serve the sausages in their bread bowl, cut a circle around the top of the bread to take off a "lid". Put this lid on one side for a moment, and tear and pull out the doughy filling with your hands, leaving the crust intact so that you have a hollow bowl.
- ☐ Fill this emptied-out loaf with as many sausages as you can – you may have to top up with a few as you go – and then you can balance the lid at a jaunty angle for maximum effect and your guests' amusement.
- ☐ Serve with a small pot of cocktail sticks to spear the
- ☐ sausages, but if you're skipping the bread bowl option, let the hot sausages cool slightly before handing them out.
- ☐ Put coating mixture in a resealable bag, add sausages and refrigerate for up to 2 days – put bag in bowl or on plate in case of leakage. Cook as directed in recipe.
- ☐ The sausages can be frozen in bag with coating for up to 3 months. Defrost overnight in fridge – put bag in bowl or on plate in case of leakage. Cook as directed in recipe.

Nutrition Facts



Properties

Glycemic Index:2.85, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.05826089434%

Nutrients (% of daily need)

Calories: 90.15kcal (4.51%), Fat: 7.8g (12%), Saturated Fat: 2.51g (15.69%), Carbohydrates: 0.33g (0.11%), Net Carbohydrates: 0.2g (0.07%), Sugar: 0.06g (0.07%), Cholesterol: 20.16mg (6.72%), Sodium: 225.83mg (9.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Vitamin B3: 1.35mg (6.76%), Vitamin B1: 0.08mg (5.48%), Vitamin B6: 0.09mg (4.48%), Zinc: 0.63mg (4.19%), Phosphorus: 41.31mg (4.13%), Vitamin B12: 0.24µg (3.97%), Vitamin D: 0.36µg (2.43%), Potassium: 77.96mg (2.23%), Vitamin B2: 0.04mg (2.16%), Iron: 0.37mg (2.04%), Vitamin B5: 0.2mg (1.99%), Magnesium: 5.68mg (1.42%), Selenium: 0.86µg (1.23%), Copper: 0.02mg (1.15%)