



## Yam Sausage Spread

READY IN



80 min.

SERVINGS



8

CALORIES



219 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 2 tablespoons baking soda
- 4 medium beets julienned peeled
- 3 eggs beaten
- 0.3 cup chives fresh chopped
- 4 tablespoons ground allspice
- 1 cup heavy cream
- 1 turkey sausage link chopped
- 0.5 cup flour whole wheat
- 1 tablespoon yam extract

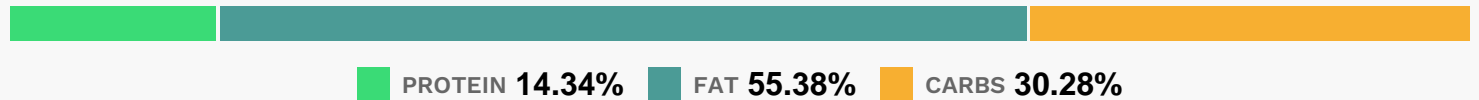
# Equipment

- bowl
- sauce pan

# Directions

- In a medium bowl, mix the flour and heavy cream. Allow the mixture to stand until thickened, about 1 hour.
- Stir the eggs, beets, chives and turkey sausage into the flour and heavy cream.
- Mix in the allspice, baking soda and yam extract.
- Pour the mixture into a medium saucepan and bring to a boil. Stirring frequently, cook until liquid has evaporated, about 20 minutes.

# Nutrition Facts



# Properties

Glycemic Index:21.97, Glycemic Load:4.14, Inflammation Score:-6, Nutrition Score:10.673043468724%

# Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

# Nutrients (% of daily need)

Calories: 219.13kcal (10.96%), Fat: 14.06g (21.62%), Saturated Fat: 7.77g (48.57%), Carbohydrates: 17.29g (5.76%), Net Carbohydrates: 13.35g (4.85%), Sugar: 6.74g (7.49%), Cholesterol: 105.59mg (35.2%), Sodium: 1004.99mg (43.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.19g (16.38%), Manganese: 0.69mg (34.64%), Folate: 108.42µg (27.1%), Selenium: 11.3µg (16.14%), Fiber: 3.94g (15.75%), Phosphorus: 140.83mg (14.08%), Vitamin A: 638.91IU (12.78%), Vitamin B2: 0.21mg (12.63%), Potassium: 441.62mg (12.62%), Magnesium: 41.53mg (10.38%), Vitamin B6: 0.2mg (10.01%), Iron: 1.68mg (9.31%), Vitamin C: 6.89mg (8.35%), Zinc: 1.25mg (8.34%), Vitamin B3: 1.44mg (7.2%), Copper: 0.14mg (7.18%), Calcium: 69mg (6.9%), Vitamin B5: 0.66mg (6.6%), Vitamin B12: 0.38µg (6.3%), Vitamin B1: 0.09mg (6.23%), Vitamin D: 0.81µg (5.37%), Vitamin K: 4.02µg (3.83%), Vitamin E: 0.56mg (3.74%)