



BROCHETTES OF LOW-PROTEIN CATALAN SAUSAGE WITH CHANTERELLE MUSHROOMS

 Low protein diet

 Appetizer

 HSJDBCN

Kcal Kcal Hypercaloric



Low protein Catalan sausage has 3g of protein per 100g. It may not be so easy to find. Instead of sausage, you can use potato or sweet potato balls, fried in a coating of low protein flour to make the brochettes.

INGREDIENTS RECIPE FOR 4 PEOPLE

- 160g low protein Catalan sausage
- 80g chanterelle mushrooms
- 20ml olive oil
- Salt
- Chopped parsley

NUTRITIONAL VALUES (PER SERVING)

- Protein (brut) (g): 1.8 g (Kcal 12.7 %)
- Lipids total (g): 5.2 g (Kcal 80 %)
- Carbohydrates (g) 2 g (Kcal 13 %)
- Energy (Kcal): 58
- Polyunsaturates (g): 0.6
- Tryptophane (mg): -
- Leucine (mg): -
- Lysine (mg) -
- Methionine (mg): 18.6
- Phenylalanine (mg): 51
- Tyrosine (mg): -

METHOD

- Fry the chopped sausage and the mushrooms with the oil and parsley.
- To present the dish, use a skewer or toothpick to put a piece of sausage with a mushroom.