

# Italian Sausage

I LOVE making seitan sausages. Using this method, you can make so many flavors too. This one is Italian sausage, great for Italian sandwiches, on pizza or in pasta.



PREP TIME

10 mins

COOK TIME

45 mins

TOTAL TIME

55 mins



COURSE

Dinner, Lunch



SERVINGS

1 link

CALORIES

192 kcal

## INGREDIENTS

- 1/4 c vital wheat gluten
- 1 Tbsp chickpea flour
- 2 tsp italian seasoning
- 1/8 tsp garlic powder
- 1/8 tsp onion powder
- 1/4 tsp salt
- 1 Tbsp tomato sauce
- 1/4 c water
- 1 tsp oil

## INSTRUCTIONS

1. In a small bowl, mix dry ingredients.
2. In a separate bowl, mix sauce, oil and water.
3. Make a well in the dry ingredients and pour the liquid mixture in. Mix until it forms a firm ball, add a Tbsp (15g) more of vital wheat gluten if it is to sticky or not forming a ball.

4. Roll the dough into a log and put on a piece of aluminum foil. Roll it up like a tootsie roll and twist each end.
5. Place in a steamer basket and steam for 45 min.

## NUTRITION

### Nutrition Facts

Italian Sausage

**Amount Per Serving**

<b>Calories</b> 192	Calories from Fat 51
<b>% Daily Value*</b>	
<b>Fat</b> 5.7g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0.3g	
Monounsaturated Fat 0.3g	
<b>Sodium</b> 149mg	6%
<b>Potassium</b> 50.9mg	1%
<b>Carbohydrates</b> 10.1g	3%
Fiber 2g	8%
Sugar 1.1g	1%
<b>Protein</b> 24.2g	48%
<b>Vitamin A</b> 55IU	1%
<b>Vitamin C</b> 1.5mg	2%
<b>Calcium</b> 27mg	3%
<b>Iron</b> 2.4mg	13%

\* Percent Daily Values are based on a 2000 calorie diet.



**Tried this recipe?**

Let us know how it was!