



Cane Pole Kabobs

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



8

CALORIES



279 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup barbecue sauce
- 16 oz marinated cherry peppers drained
- 16 oz sausage smoked cut into 2-inch pieces
- 2 medium size onions sweet quartered
- 12 inch metal skewers
- 12 inch metal skewers

Equipment

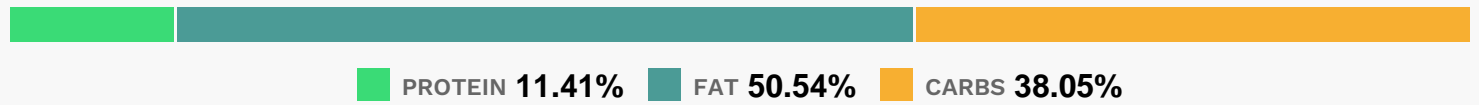
- grill

- skewers
- wooden skewers

Directions

- Soak wooden skewers in water 30 minutes to prevent burning.
- Thread sausage, peppers, and onion quarters evenly onto skewers.
- Grill, covered with grill lid, over medium heat (300 to 350°F)
- to 6 minutes or until sausage is lightly browned. Turn and grill 3 more minutes; brush with barbecue sauce, and grill 2 more minutes.
- Serve with additional barbecue sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:6.7852174510127%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

Nutrients (% of daily need)

Calories: 278.88kcal (13.94%), Fat: 15.35g (23.62%), Saturated Fat: 5.24g (32.73%), Carbohydrates: 26g (8.67%), Net Carbohydrates: 22.91g (8.33%), Sugar: 16.02g (17.8%), Cholesterol: 40.26mg (13.42%), Sodium: 1554.26mg (67.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.6%), Vitamin B12: 0.86µg (14.27%), Vitamin B1: 0.19mg (12.64%), Fiber: 3.09g (12.36%), Selenium: 8.31µg (11.87%), Vitamin B6: 0.23mg (11.54%), Vitamin B3: 2.15mg (10.77%), Zinc: 1.36mg (9.1%), Phosphorus: 90.16mg (9.02%), Potassium: 288.57mg (8.24%), Vitamin B2: 0.13mg (7.82%), Manganese: 0.13mg (6.45%), Iron: 1.01mg (5.62%), Folate: 22.02µg (5.5%), Copper: 0.11mg (5.3%), Vitamin C: 4.19mg (5.07%), Magnesium: 18.9mg (4.72%), Vitamin D: 0.62µg (4.16%), Vitamin B5: 0.39mg (3.89%), Calcium: 32.32mg (3.23%), Vitamin E: 0.3mg (2.02%), Vitamin A: 80.91IU (1.62%)