



Classic Sausage-and-Pepper Grill



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 5 garlic cloves
- ☐ 1 tablespoon oregano fresh minced
- ☐ 4 bell peppers red quartered
- ☐ 1 onion red peeled cut in half crosswise
- ☐ 1 pound potatoes red quartered
- ☐ 0.3 teaspoon salt divided

- ☐ 15 ounce turkey sausage links italian
- ☐ 2 bell peppers yellow quartered

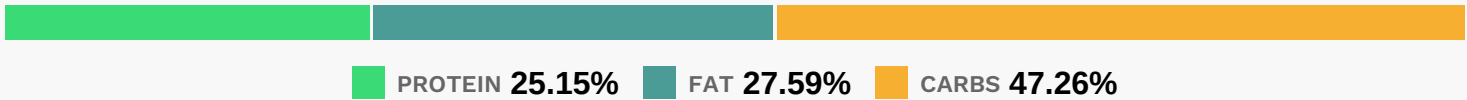
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Prepare grill. Coat the grill rack with cooking spray.
- ☐ Cut an 18 x 12-inch sheet of heavy-duty foil.
- ☐ Place potatoes and garlic in center of foil; sprinkle with 1/8 teaspoon salt and 1/8 teaspoon black pepper. Fold foil over vegetables, tightly sealing edges.
- ☐ Add foil pouch to grill rack. Grill 30 minutes, turning foil pouch occasionally.
- ☐ Lightly coat onion and bell peppers with cooking spray; sprinkle with 1/8 teaspoon salt and 1/8 teaspoon black pepper.
- ☐ Place onion on grill rack; grill 15 minutes. Turn onion over; add bell peppers and sausage. Grill an additional 15 minutes or until vegetables are tender and sausage is done; turn occasionally.
- ☐ Remove from grill.
- ☐ Slice bell peppers into strips; coarsely chop onion.
- ☐ Combine bell peppers, onion, and potatoes in a large bowl. Squeeze garlic cloves into a small bowl to extract garlic pulp, and discard skins.
- ☐ Add parsley and oregano, tossing well. Slice grilled sausage links into 1/2-inch-thick slices, and serve with bell pepper mixture.

Nutrition Facts



Properties

Glycemic Index:31.6, Glycemic Load:1.97, Inflammation Score:-10, Nutrition Score:26.27695678628%

Flavonoids

Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 252.23kcal (12.61%), Fat: 8.05g (12.38%), Saturated Fat: 3.03g (18.91%), Carbohydrates: 31.03g (10.34%), Net Carbohydrates: 25.35g (9.22%), Sugar: 8.91g (9.9%), Cholesterol: 45.08mg (15.03%), Sodium: 929.17mg (40.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.51g (33.03%), Vitamin C: 247.57mg (300.09%), Vitamin A: 3357.78IU (67.16%), Iron: 10.03mg (55.72%), Vitamin B6: 0.91mg (45.55%), Vitamin K: 40.06µg (38.15%), Selenium: 20.16µg (28.8%), Vitamin B3: 5.64mg (28.19%), Potassium: 949.07mg (27.12%), Phosphorus: 262.39mg (26.24%), Manganese: 0.49mg (24.52%), Fiber: 5.68g (22.7%), Folate: 88.39µg (22.1%), Zinc: 2.55mg (16.98%), Vitamin B2: 0.28mg (16.73%), Magnesium: 64.98mg (16.25%), Copper: 0.31mg (15.54%), Vitamin B1: 0.22mg (14.53%), Vitamin B5: 1.37mg (13.75%), Vitamin E: 1.72mg (11.44%), Calcium: 68.01mg (6.8%), Vitamin B12: 0.37µg (6.1%)