



Creole Turkey-and-Sausage Kabobs



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons creole seasoning
- ☐ 16 oz okra whole frozen thawed
- ☐ 1 large bell pepper red cut in 1-inch pieces
- ☐ 0.8 pound sausage smoked cut into 1-inch slices
- ☐ 1.5 lb turkey tenderloins cut into 1 1/2-inch chunks
- ☐ 12 inch metal skewers
- ☐ 12 inch metal skewers

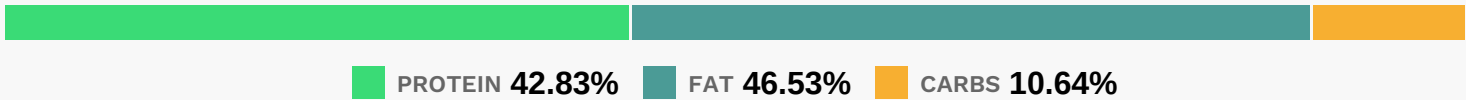
Equipment

- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak wooden skewers in water 30 minutes.
- ☐ Preheat grill to 350 to 400 (medium-high). Thread turkey, smoked sausage, okra, and bell pepper alternately onto skewers, leaving 1/4 inch between pieces; sprinkle with Creole seasoning.
- ☐ Grill kabobs, covered with grill lid, over 350 to 400 (medium-high) heat 18 minutes or until done, turning every 6 minutes.
- ☐ Creole Chicken-and-Sausage Kabobs: Substitute 1 1/2 lb. skinned and boned chicken breasts for turkey. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.42, Inflammation Score:-8, Nutrition Score:15.291304318801%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 15.92mg, Quercetin: 15.92mg, Quercetin: 15.92mg, Quercetin: 15.92mg

Nutrients (% of daily need)

Calories: 325.8kcal (16.29%), Fat: 16.88g (25.97%), Saturated Fat: 5.77g (36.07%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 5.56g (2.02%), Sugar: 2.32g (2.58%), Cholesterol: 90.88mg (30.29%), Sodium: 563.27mg (24.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.95g (69.91%), Vitamin C: 52.76mg (63.95%), Manganese: 0.66mg (32.87%), Vitamin A: 1605.14IU (32.1%), Vitamin K: 25.4µg (24.19%), Vitamin B1: 0.31mg (21%), Vitamin B6: 0.35mg (17.54%), Folate: 60.73µg (15.18%), Vitamin B3: 2.9mg (14.48%), Vitamin B12: 0.86µg (14.27%), Magnesium: 53.94mg (13.48%), Fiber: 3.13g (12.52%), Phosphorus: 115.35mg (11.54%), Selenium: 8.03µg (11.47%), Potassium: 400.94mg (11.46%), Zinc: 1.72mg (11.44%), Vitamin B2: 0.17mg (9.98%), Calcium: 68.61mg (6.86%), Iron: 1.19mg (6.62%), Copper: 0.12mg (6.15%), Vitamin E: 0.79mg (5.23%), Vitamin B5: 0.52mg (5.21%), Vitamin D: 0.62µg (4.16%)