



Easy Italian Grilled Skewers



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



308 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup dairy-free dressing italian
- ☐ 6 small wisconsin potatoes red cut in half
- ☐ 0.5 sausage rope smoked thick cut in slices (see post above f ideas)
- ☐ 2 medium zucchini thick cut in slices (to match potato width)

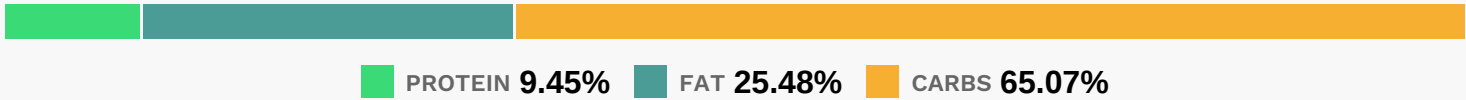
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Preheat your grill.
- ☐ Place a soaked skewer through potato, zucchini and sausage. Repeat with three additional soaked skewers.
- ☐ Place the skewers in a dish, and coat with the Italian dressing; allow to marinate for 5 minutes.
- ☐ Place the skewers on your preheated grill and cook 5 minutes each side, or until potatoes are done.
- ☐ Remove from grill and serve.

Nutrition Facts



Properties

Glycemic Index:24.69, Glycemic Load:32.92, Inflammation Score:-6, Nutrition Score:18.267826427584%

Flavonoids

Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 308.34kcal (15.42%), Fat: 8.93g (13.74%), Saturated Fat: 1.77g (11.09%), Carbohydrates: 51.31g (17.1%), Net Carbohydrates: 44.72g (16.26%), Sugar: 7.61g (8.46%), Cholesterol: 5.86mg (1.95%), Sodium: 384.79mg (16.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.91%), Vitamin C: 67.89mg (82.3%), Vitamin B6: 0.94mg (47.24%), Potassium: 1369.6mg (39.13%), Manganese: 0.58mg (28.79%), Fiber: 6.59g (26.36%), Vitamin K: 25.51µg (24.29%), Magnesium: 78.75mg (19.69%), Phosphorus: 195.82mg (19.58%), Vitamin B1: 0.28mg (18.36%), Vitamin B3: 3.43mg (17.17%), Copper: 0.34mg (16.89%), Folate: 64.65µg (16.16%), Iron: 2.51mg (13.95%), Vitamin B2: 0.19mg (11.04%), Vitamin B5: 0.99mg (9.91%), Zinc: 1.25mg (8.32%), Vitamin E: 0.79mg (5.24%), Calcium: 50.68mg (5.07%), Vitamin A: 211.68IU (4.23%), Selenium: 2.63µg (3.76%), Vitamin B12: 0.12µg (2.08%)