

# Greek Sausage: Sheftalia

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

READY IN



**120 min.**

SERVINGS



**3**

CALORIES



**1104 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 pound fat
- 0.5 cup parsley fresh finely chopped
- 1 pound ground pork
- 1 large onion finely chopped
- 1 pinch salt and pepper to taste
- 1 tablespoon vinegar

## Equipment

- bowl

- grill
- skewers

## Directions

- In a medium bowl, mix together the ground pork, onion, parsley, salt and pepper.
- Fill a bowl with warm water, and add the vinegar. Dip the caul fat into the water, and keep submerged for 1 minute to wash. Rinse in cold water. Carefully open up the caul fat on a clean work surface, and cut into 4 inch (10 cm) squares.
- Place a small compressed handful of the sausage near the edge of one square. Fold the sides over, and roll up firmly. Repeat with remaining meat and fat until you have about 10 sausages.
- Prepare a charcoal grill for high heat.
- Place sausages onto skewers.
- Grill the sausages for 20 minutes, turning frequently until the outside is crispy and dark, and the inside is no longer pink.

## Nutrition Facts

**PROTEIN 9.62%** **FAT 88.45%** **CARBS 1.93%**

## Properties

Glycemic Index:36.33, Glycemic Load:1.13, Inflammation Score:-7, Nutrition Score:22.57478260994%

## Flavonoids

Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 10.18mg, Quercetin: 10.18mg, Quercetin: 10.18mg, Quercetin: 10.18mg

## Nutrients (% of daily need)

Calories: 1104.11kcal (55.21%), Fat: 107.77g (165.79%), Saturated Fat: 41.57g (259.8%), Carbohydrates: 5.31g (1.77%), Net Carbohydrates: 4.13g (1.5%), Sugar: 2.21g (2.45%), Cholesterol: 180.68mg (60.23%), Sodium: 105.3mg (4.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.37g (52.74%), Vitamin K: 164.2µg (156.38%), Vitamin B1: 1.14mg (75.89%), Selenium: 37.63µg (53.76%), Vitamin B3: 6.75mg (33.74%), Vitamin B6: 0.65mg (32.4%), Phosphorus: 285.11mg (28.51%), Zinc: 3.6mg (24.01%), Vitamin B2: 0.38mg (22.27%), Vitamin C: 18.06mg (21.89%), Vitamin B12: 1.06µg (17.64%), Vitamin A: 853.98IU (17.08%), Potassium: 562.45mg (16.07%), Vitamin D: 1.89µg

(12.6%), Iron: 2.06mg (11.43%), Vitamin B5: 1.11mg (11.11%), Magnesium: 38.78mg (9.7%), Folate: 32.26µg (8.06%), Copper: 0.1mg (5.14%), Manganese: 0.1mg (4.93%), Fiber: 1.18g (4.72%), Calcium: 46.8mg (4.68%), Vitamin E: 0.54mg (3.59%)