



Grilled Chicken, Sausage, Onions and Peppers over Linguine

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



597 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 oz pasta uncooked
- ☐ 7 oz basil pesto refrigerated
- ☐ 1 medium bell pepper green cut into 8 pieces
- ☐ 1 medium bell pepper red cut into 8 pieces
- ☐ 1 medium onion cut into wedges
- ☐ 0.5 teaspoon salt
- ☐ 1.3 lb chicken thighs boneless skinless

☐ 4 ground sausage italian cut into thirds

Equipment

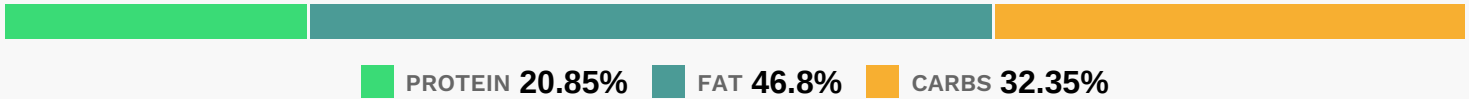
☐ sauce pan

☐ grill

Directions

- ☐ Heat grill. Cook and drain linguine as directed on package. Return to saucepan.
- ☐ Add pesto; toss to coat. Cover to keep warm.
- ☐ Place bell peppers and onion in grill basket; sprinkle with salt.
- ☐ Place grill basket, chicken and sausage pieces on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 20 to 25 minutes or until chicken is fork-tender and juices run clear, and sausages are browned and thoroughly cooked, turning chicken and sausages frequently. Stir vegetables several times and cook until browned and tender.
- ☐ Serve chicken, sausage and vegetables mixture over linguini.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:17.64, Inflammation Score:-7, Nutrition Score:20.53782592649%

Flavonoids

Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 596.79kcal (29.84%), Fat: 30.58g (47.04%), Saturated Fat: 8.81g (55.06%), Carbohydrates: 47.56g (15.85%), Net Carbohydrates: 44.55g (16.2%), Sugar: 3.87g (4.3%), Cholesterol: 111.87mg (37.29%), Sodium: 854.71mg (37.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.64g (61.28%), Selenium: 65.82µg (94.03%), Vitamin C: 33.14mg (40.17%), Vitamin B3: 6.98mg (34.88%), Phosphorus: 330.05mg (33%), Vitamin B6: 0.66mg (32.85%), Manganese: 0.62mg (30.83%), Vitamin B1: 0.46mg (30.38%), Vitamin A: 1038.14IU (20.76%), Zinc: 2.96mg (19.73%), Vitamin B2: 0.27mg (16.12%), Vitamin B12: 0.96µg (16.05%), Potassium: 519.28mg (14.84%),

Magnesium: 58.84mg (14.71%), Vitamin B5: 1.46mg (14.59%), Copper: 0.27mg (13.31%), Iron: 2.25mg (12.52%), Fiber: 3.01g (12.04%), Calcium: 74.08mg (7.41%), Folate: 28.46µg (7.12%), Vitamin K: 4µg (3.81%), Vitamin E: 0.48mg (3.22%)