



Grilled Hot and Sweet Sausage Tacos with Apricot-Jalapeno Glaze, Grilled Pepper and Red Onion Salsa

READY IN



75 min.

SERVINGS



6

CALORIES



867 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apricot preserves
- 1 grilled bell pepper diced red peeled seeded finely
- 6 servings canola oil
- 6 servings corn tortillas
- 6 servings flour tortillas
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup honey

- 3 mild sausage links to package directions and coin italian hot
- 3 mild sausage links to package directions and coin sweet italian
- 2 jalapeños
- 2 juice of lime juiced
- 6 servings monterrey jack cheese grated
- 2 tablespoons olive oil
- 1 grilled poblano pepper diced peeled seeded finely
- 0.5 onion diced red cut into 1/ rounds, grilled and finely
- 3 tablespoons red wine vinegar
- 1 pinch salt and pepper black freshly ground
- 6 servings salt and pepper black freshly ground
- 1 bell pepper diced yellow peeled seeded finely

Equipment

- food processor
- bowl
- grill
- cutting board

Directions

- Watch how to make this recipe.
- Combine all the ingredients in a bowl and let sit at room temperature for at least 30 minutes before serving.
- Combine the preserves, jalapeno and lime juice in a food processor and process until smooth. Season with salt and pepper, to taste.
- Heat a grill to high.
- Brush the links with oil and season with salt and pepper, to taste. Grill until lightly golden brown.
- Cut the sausage in half lengthwise and brush the apricot glaze mixture on both sides. Grill until dark golden brown, then remove to a cutting board and slice.

Grill the tortillas quickly on each side just to heat through, about 5 seconds per side. Fill with some of the hot and sweet sausage and top with some of the cheese and some of the salsa.

Nutrition Facts

PROTEIN 9.65% **FAT 58.71%** **CARBS 31.64%**

Properties

Glycemic Index:69.46, Glycemic Load:16.55, Inflammation Score:-8, Nutrition Score:24.140869432493%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 866.98kcal (43.35%), Fat: 57.45g (88.39%), Saturated Fat: 15.53g (97.03%), Carbohydrates: 69.67g (23.22%), Net Carbohydrates: 65.53g (23.83%), Sugar: 32.12g (35.69%), Cholesterol: 86.01mg (28.67%), Sodium: 1077.07mg (46.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.25g (42.49%), Vitamin C: 92.94mg (112.65%), Vitamin B1: 0.85mg (56.56%), Selenium: 37.26µg (53.23%), Phosphorus: 328.93mg (32.89%), Vitamin B3: 5.95mg (29.74%), Vitamin B6: 0.59mg (29.69%), Vitamin E: 3.84mg (25.63%), Manganese: 0.43mg (21.7%), Vitamin B2: 0.34mg (20.21%), Vitamin K: 20.63µg (19.65%), Iron: 3.36mg (18.65%), Vitamin A: 924.19IU (18.48%), Zinc: 2.74mg (18.24%), Vitamin B12: 1.03µg (17.12%), Fiber: 4.14g (16.57%), Potassium: 570.99mg (16.31%), Folate: 60.01µg (15%), Magnesium: 52.96mg (13.24%), Copper: 0.26mg (12.78%), Calcium: 112.3mg (11.23%), Vitamin B5: 0.83mg (8.28%)