



Grilled Italian Sausage and Bell Pepper Folds

READY IN



30 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 links pork sausage italian uncooked
- ☐ 1 medium bell pepper green cut into 8 pieces
- ☐ 1 medium bell pepper red cut into 8 pieces
- ☐ 1 medium onion sliced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon seasoning dried italian
- ☐ 0.3 teaspoon salt
- ☐ 4 6-inch wholewheat pita breads soft (es in diameter)
- ☐ 3 oz mozzarella cheese

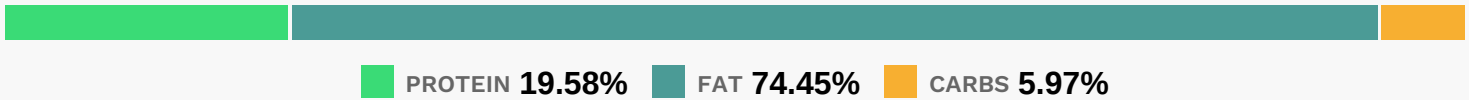
Equipment

- ☐ bowl
- ☐ grill
- ☐ wok
- ☐ microwave

Directions

- ☐ Heat gas or charcoal grill. When grill is heated, place sausage links on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 10 minutes, turning occasionally.
- ☐ Meanwhile, in medium bowl, combine bell peppers, onion, oil, Italian seasoning and salt; toss to mix.
- ☐ Place in grill basket (grill "wok").
- ☐ After sausages have cooked for 10 minutes, add grill basket to grill. Cook an additional 10 to 15 minutes or until sausages are no longer pink in center and vegetables are crisp-tender, turning sausages and shaking basket occasionally to mix vegetables.
- ☐ To warm pita folds, microwave 2 pita folds on High about 30 seconds; repeat with remaining pita folds. Top pita folds with sausages and bell pepper mixture. Top each with cheese; fold over.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:1.68, Inflammation Score:-8, Nutrition Score:16.604782664258%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 466.34kcal (23.32%), Fat: 38.42g (59.11%), Saturated Fat: 13.27g (82.94%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 5.21g (1.9%), Sugar: 3.36g (3.73%), Cholesterol: 98.16mg (32.72%), Sodium: 1006.01mg (43.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.73g (45.46%), Vitamin C: 64.83mg (78.58%), Vitamin B3: 5.84mg (29.18%), Vitamin B6: 0.54mg (27.14%), Vitamin A: 1274.83IU (25.5%), Phosphorus: 250.82mg (25.08%), Vitamin B1: 0.37mg (24.39%), Vitamin B12: 1.45µg (24.09%), Zinc: 3.25mg (21.66%), Vitamin B2: 0.24mg (14.2%), Calcium: 133.9mg (13.39%), Potassium: 455.8mg (13.02%), Vitamin D: 1.55µg (10.36%), Iron: 1.76mg (9.79%), Vitamin B5: 0.95mg (9.52%), Vitamin E: 1.39mg (9.27%), Vitamin K: 8.37µg (7.97%), Magnesium: 30.31mg (7.58%), Fiber: 1.73g (6.91%), Manganese: 0.13mg (6.74%), Folate: 25.34µg (6.33%), Copper: 0.12mg (5.79%), Selenium: 3.79µg (5.42%)