



Grilled Italian Sausage Kabobs

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds ground sausage italian cut into 1 1/2-inch pieces
- 2 medium zucchini cut into 1-inch pieces
- 1 medium bell pepper red cut into 1 1/2-inch pieces
- 1 medium bell pepper green cut into 1 1/2-inch pieces
- 6 large pimientos
- 0.5 cup tomato sauce
- 6 cups noodles hot cooked (any variety)

Equipment

- frying pan
- grill
- skewers
- metal skewers

Directions

- Cook sausage in 10-inch skillet over medium heat about 10 minutes, stirring occasionally, until partially cooked; drain. Thread sausage, zucchini and bell peppers alternately on each of six 12-inch metal skewers, leaving space between each
- piece.
- Place olive on tip of each skewer.
- Cover and grill kabobs 5 to 6 inches from medium coals 20 to 25 minutes, turning and brushing 2 or 3 times with pizza sauce, until sausage is no longer pink in center and vegetables are crisp-tender.
- Serve over pasta, and if desired, with additional
- pizza sauce.

Nutrition Facts



■ PROTEIN **16.27%**
■ FAT **55.52%**
■ CARBS **28.21%**

Properties

Glycemic Index:37.25, Glycemic Load:17.65, Inflammation Score:-7, Nutrition Score:22.186521467955%

Flavonoids

Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 603.42kcal (30.17%), Fat: 36.99g (56.9%), Saturated Fat: 13.07g (81.71%), Carbohydrates: 42.29g (14.1%), Net Carbohydrates: 38.44g (13.98%), Sugar: 4.36g (4.84%), Cholesterol: 86.18mg (28.73%), Sodium: 933.67mg (40.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.39g (48.78%), Selenium: 59.42µg (84.88%), Vitamin C: 57.76mg (70.02%), Vitamin B1: 0.72mg (48.28%), Vitamin B6: 0.63mg (31.45%), Manganese: 0.63mg (31.45%), Phosphorus: 268.85mg (26.88%), Vitamin B3: 4.95mg (24.75%), Zinc: 2.96mg (19.74%), Iron: 3.45mg

(19.18%), Vitamin A: 939.99IU (18.8%), Potassium: 648.24mg (18.52%), Vitamin B2: 0.31mg (18.34%), Vitamin B12: 1.03µg (17.2%), Fiber: 3.85g (15.4%), Copper: 0.28mg (14.17%), Magnesium: 56.28mg (14.07%), Folate: 45.99µg (11.5%), Vitamin B5: 0.99mg (9.89%), Vitamin K: 5.92µg (5.64%), Vitamin E: 0.84mg (5.59%), Calcium: 45.39mg (4.54%)