



Grilled Italian Sausage with Peppers, Onions and Arugula

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large onion red cut into wedges*
- 2 large bell pepper red seeded cut into thirds
- 1 pound ground sausage sweet italian
- 4 servings olive oil extra virgin
- 4 servings salt
- 3 Tbsp honey
- 3 Tbsp balsamic vinegar

- 2 handfuls baby arugula

Equipment

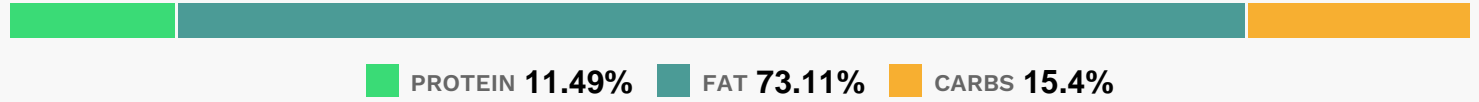
- bowl
- frying pan
- grill

Directions

- Preheat the grill.
- Mix together the balsamic vinegar and honey in a small bowl and set aside.
- Grill the onions: Coat the onions with a little olive oil, and sprinkle with salt. Coat the grill grates with a little olive oil.
- Put the onion wedges on the grill and cover the grill.
- Let the onions roast for 5 minutes, or until they are a little charred. Turn the onions and move them to a cooler part of the grill to finish.
- Grill the sausages and peppers: Coat the sausages and peppers with olive oil.
- Sprinkle salt on the peppers. If your grill has two levels, place the sausages on the top part of the grill and the peppers directly below them.
- Done this way, as the sausages drip juice and fat, it will fall on the peppers, flavoring them while simultaneously preventing flare-ups.
- If your grill does not have two levels, put the peppers on the hottest part of the grill and the sausages on the coolest.
- Cover and grill everything for 15 to 20 minutes or so, periodically checking and turning the sausages and peppers as needed.
- Baste with honey balsamic mixture: Towards the end of cooking, baste the sausages, peppers and onions with the honey and balsamic mixture.
- Remove from grill, cut sausages, cut peppers and onions: When the sausages are cooked through and the peppers and onions cooked, remove them from the grill to a sheet pan or large bowl.
- If you want, pick off some or all of the charred skin on the peppers.
- Cut the peppers into long strips, and slice the root end off the onions to separate the pieces.

- Cut the sausages into thirds.
- Mix everything well in the pan or bowl.
- Serve: To serve, place a bed of baby arugula on the serving plates and top with the sausage, peppers and onion.

Nutrition Facts



Properties

Glycemic Index:55.32, Glycemic Load:9.66, Inflammation Score:-9, Nutrition Score:22.063043449236%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg

Nutrients (% of daily need)

Calories: 609.38kcal (30.47%), Fat: 49.87g (76.72%), Saturated Fat: 14.78g (92.38%), Carbohydrates: 23.64g (7.88%), Net Carbohydrates: 21.26g (7.73%), Sugar: 19.54g (21.71%), Cholesterol: 86.18mg (28.73%), Sodium: 1033.48mg (44.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.64g (35.28%), Vitamin C: 110.84mg (134.35%), Vitamin A: 2805.27IU (56.11%), Vitamin B1: 0.71mg (47.03%), Selenium: 28.5µg (40.71%), Vitamin B6: 0.62mg (31.14%), Vitamin B3: 4.57mg (22.85%), Vitamin E: 3.36mg (22.4%), Vitamin K: 23.46µg (22.34%), Phosphorus: 198.43mg (19.84%), Vitamin B12: 1.03µg (17.2%), Vitamin B2: 0.28mg (16.6%), Potassium: 558.78mg (15.97%), Zinc: 2.37mg (15.82%), Folate: 62.03µg (15.51%), Manganese: 0.25mg (12.7%), Iron: 2.13mg (11.82%), Fiber: 2.38g (9.52%), Vitamin B5: 0.93mg (9.27%), Magnesium: 34.93mg (8.73%), Copper: 0.13mg (6.6%), Calcium: 52.92mg (5.29%)