



WHATSheATE



Grilled Italian Sausage with Sweet and Sour Peppers



Gluten Free



Dairy Free

READY IN



42 min.

SERVINGS



18

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 2 medium bell peppers green seeded cut in quarters and
- ☐ 1 tablespoon olive oil
- ☐ 0.1 teaspoon pepper
- ☐ 18 ounces roll polenta prepared sliced into 1/2-rounds
- ☐ 0.3 cup raisins
- ☐ 2 medium bell peppers sweet red seeded cut in quarters and

- ☐ 1 medium onion red cut into 6 wedges
- ☐ 0.3 teaspoon salt
- ☐ 2 packages johnsonville mild sausage links italian (19 ounces, each)
- ☐ 3 tablespoons slivered almonds
- ☐ 2 tablespoons sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ tongs

Directions

- ☐ In a small non-stick skillet, toast almonds over medium heat for 1-2 minutes. Stir in raisins; remove from heat.
- ☐ Let stand for 1 minute.
- ☐ Add vinegar, sugar, salt and pepper. Return to medium-low heat, cook and stir until sugar is dissolved and set aside. Preheat gas grill to medium-low. If charcoal, allow it to burn until white ash has formed on coals. In a bowl, combine peppers and onion wedges.
- ☐ Drizzle with oil; toss to coat.
- ☐ Place sausages and vegetables on grill, and use tongs to turn often. Grill covered for 15-20 minutes or until cooked through and browned and vegetables are tender. While sausages and vegetables are grilling, brush polenta slices with Italian dressing. Carefully place on grill, grill for 2 minutes on each side or until lightly toasted.
- ☐ Remove vegetables from grill.
- ☐ Place in a large bowl, add prepared almond mixture; toss gently. On a large platter, arrange grilled sausages, vegetables and polenta.
- ☐ Serve.

Nutrition Facts



 PROTEIN **8.07%**  FAT **28.48%**  CARBS **63.45%**

Properties

Glycemic Index:17.11, Glycemic Load:2.14, Inflammation Score:-5, Nutrition Score:3.8265217965388%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 53.82kcal (2.69%), Fat: 1.78g (2.74%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 8.93g (2.98%), Net Carbohydrates: 7.89g (2.87%), Sugar: 2.57g (2.86%), Cholesterol: 0.08mg (0.03%), Sodium: 35.58mg (1.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.27%), Vitamin C: 28.12mg (34.08%), Vitamin A: 471.91IU (9.44%), Vitamin E: 0.8mg (5.36%), Manganese: 0.1mg (4.78%), Vitamin B6: 0.09mg (4.39%), Fiber: 1.04g (4.16%), Potassium: 97.08mg (2.77%), Magnesium: 10.21mg (2.55%), Vitamin B2: 0.04mg (2.44%), Folate: 9.65µg (2.41%), Copper: 0.04mg (2.12%), Phosphorus: 20.88mg (2.09%), Vitamin K: 2.14µg (2.04%), Vitamin B1: 0.03mg (1.91%), Vitamin B3: 0.34mg (1.68%), Iron: 0.29mg (1.59%), Selenium: 0.93µg (1.33%)