



## Grilled Italian Sausages with Peperonata

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



635 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb ground sausage italian hot uncooked
- 4 hotdog buns split
- 2 medium bell pepper yellow cut into 1/2-inch strips
- 2 medium bell pepper red cut into 1/2-inch strips
- 1 large onion separated sliced
- 2 cloves garlic finely chopped
- 1 tablespoon basil dried fresh chopped
- 2 teaspoons oregano dried fresh chopped

- 1 tablespoon vegetable oil
- 2 teaspoons juice of lemon
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 3.8 oz olives ripe drained sliced canned

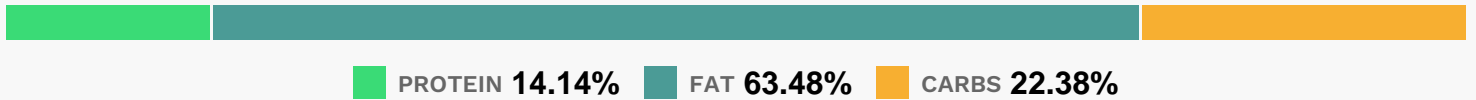
## Equipment

- bowl
- grill
- wok

## Directions

- Heat gas or charcoal grill.
- Place sausages on grill over medium heat. Cover grill; cook about 25 minutes, turning occasionally, until no longer pink in center.
- Meanwhile, in large bowl, toss all peperonata ingredients except olives; place in grill basket (grill "wok").
- Place basket on grill with sausages; cook 5 to 8 minutes, shaking basket occasionally to turn vegetables, until bell peppers and onion are crisp-tender. Stir olives into peperonata.
- Serve sausages on buns with peperonata.

## Nutrition Facts



## Properties

Glycemic Index:54, Glycemic Load:14.62, Inflammation Score:-10, Nutrition Score:28.438695658808%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg,

Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

## Nutrients (% of daily need)

Calories: 634.65kcal (31.73%), Fat: 45.15g (69.46%), Saturated Fat: 14.31g (89.46%), Carbohydrates: 35.83g (11.94%), Net Carbohydrates: 30.88g (11.23%), Sugar: 7.47g (8.29%), Cholesterol: 86.18mg (28.73%), Sodium: 1756.1mg (76.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.62g (45.24%), Vitamin C: 192.4mg (233.22%), Vitamin B1: 0.95mg (63.53%), Selenium: 40.65µg (58.07%), Vitamin A: 2114.38IU (42.29%), Vitamin B6: 0.74mg (36.87%), Vitamin B3: 6.79mg (33.95%), Manganese: 0.68mg (33.77%), Vitamin K: 35.33µg (33.65%), Iron: 4.84mg (26.92%), Folate: 105.83µg (26.46%), Phosphorus: 252.57mg (25.26%), Vitamin B2: 0.41mg (24.34%), Potassium: 705.7mg (20.16%), Fiber: 4.95g (19.8%), Vitamin B12: 1.12µg (18.62%), Zinc: 2.78mg (18.56%), Vitamin E: 2.66mg (17.75%), Calcium: 156.92mg (15.69%), Copper: 0.29mg (14.59%), Magnesium: 57.2mg (14.3%), Vitamin B5: 0.95mg (9.51%)