



Grilled Italian Sausages with Peperonata

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cloves garlic finely chopped
- 4 hotdog buns split
- 2 teaspoons juice of lemon
- 3.8 oz olives ripe drained sliced canned
- 1 large onion separated sliced
- 0.3 teaspoon pepper
- 2 medium bell pepper red cut into 1/2-inch strips
- 0.5 teaspoon salt

- 1 lb ground sausage italian hot uncooked
- 1 tablespoon vegetable oil
- 2 medium bell pepper yellow cut into 1/2-inch strips

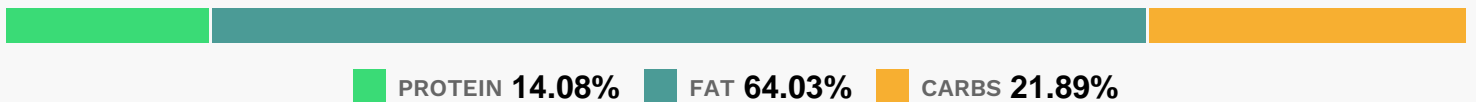
Equipment

- 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:52.75, Glycemic Load:14.61, Inflammation Score:-9, Nutrition Score:25.974347612132%

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: 629.67kcal (31.48%), Fat: 45.07g (69.34%), Saturated Fat: 14.28g (89.23%), Carbohydrates: 34.66g (11.55%), Net Carbohydrates: 30.52g (11.1%), Sugar: 7.41g (8.23%), Cholesterol: 86.18mg (28.73%), Sodium: 1755.09mg (76.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.3g (44.61%), Vitamin C: 192.37mg (233.18%), Vitamin B1: 0.95mg (63.35%), Selenium: 40.57µg (57.96%), Vitamin A: 2089.93IU (41.8%), Vitamin B6: 0.71mg (35.68%), Vitamin B3: 6.7mg (33.48%), Manganese: 0.53mg (26.37%), Folate: 100.36µg (25.09%), Phosphorus: 248.35mg (24.83%), Vitamin B2: 0.4mg (23.32%), Iron: 3.58mg (19.88%), Potassium: 666.8mg (19.05%), Vitamin B12: 1.12µg (18.62%), Zinc: 2.69mg (17.9%), Fiber: 4.15g (16.59%), Vitamin E: 2.37mg (15.82%), Copper: 0.26mg (13.23%), Calcium: 118.55mg (11.86%), Magnesium: 47.39mg (11.85%), Vitamin K: 11.97µg (11.4%), Vitamin B5: 0.93mg (9.33%)