



Grilled Kielbasa and Cabbage

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 0.5 teaspoon celery seed
- 8 ounces coleslaw mix
- 0.5 medium bell pepper green cut into 1-inch pieces
- 0.1 teaspoon pepper
- 0.5 teaspoon salt
- 1 pound sausage fully cooked (1 ring)
- 4 servings portugese rolls split

3 tablespoons water

Equipment

frying pan

grill

aluminum foil

grill pan

Directions

Heat coals or gas grill for direct heat.

Place sausage ring in 8-inch square aluminum foil pan.

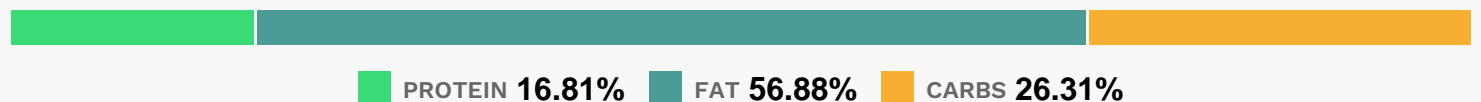
Mix coleslaw mix, bell pepper, celery seed, salt and pepper. Mound cabbage mixture in center of sausage ring. Dot with butter; sprinkle with water. Cover with aluminum foil, sealing edges securely.

Cover and grill pan 4 to 6 inches from medium heat 15 to 20 minutes or until coleslaw mixture is crisp-tender and sausage is hot.

Cut sausage into 4 pieces.

Serve sausage and coleslaw mixture on buns.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:23.84, Inflammation Score:-4, Nutrition Score:16.009130147488%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 2.66mg, Luteolin: 2.66mg, Luteolin: 2.66mg, Luteolin: 2.66mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 561.42kcal (28.07%), Fat: 35.25g (54.23%), Saturated Fat: 10.59g (66.21%), Carbohydrates: 36.67g (12.22%), Net Carbohydrates: 33.89g (12.32%), Sugar: 6.5g (7.23%), Cholesterol: 81.65mg (27.22%), Sodium:

1349.05mg (58.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.44g (46.89%), Iron: 12.35mg (68.59%), Vitamin K: 44.75µg (42.62%), Vitamin C: 33.55mg (40.67%), Vitamin B3: 5.55mg (27.73%), Vitamin B1: 0.36mg (23.75%), Vitamin B6: 0.45mg (22.67%), Zinc: 2.6mg (17.35%), Phosphorus: 173.08mg (17.31%), Vitamin B12: 0.97µg (16.12%), Potassium: 409.51mg (11.7%), Fiber: 2.78g (11.12%), Vitamin B2: 0.17mg (9.84%), Vitamin D: 1.47µg (9.83%), Vitamin B5: 0.9mg (9%), Manganese: 0.14mg (7.11%), Folate: 27.07µg (6.77%), Vitamin A: 321.32IU (6.43%), Magnesium: 25.6mg (6.4%), Copper: 0.1mg (5.09%), Calcium: 47.02mg (4.7%), Vitamin E: 0.47mg (3.12%)