



Grilled Kielbasa and Onion Sandwiches

 Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup barbecue sauce
- 24 inch long crusty rolls
- 1 pound kielbasa smoked whole
- 2 onions sliced

Equipment

- bowl
- grill

Directions

- Preheat gas grill to medium-high.
- Cut kielbasa into 4 pieces and slice each piece in half lengthwise.
- Split rolls and grill, split sides down, until lightly marked.
- Remove and set aside.
- Grill onions, turning once, until charred and softened, about 6 minutes total.
- Transfer to a bowl and toss with barbecue sauce.
- Grill sausages, turning once, until hot and lightly charred by grill, 3 to 4 minutes total. Arrange onions and sausages on rolls and serve immediately, passing more barbecue sauce on the side, if desired.

Nutrition Facts

PROTEIN 15.68% **FAT 65.27%** **CARBS 19.05%**

Properties

Glycemic Index:11, Glycemic Load:1.32, Inflammation Score:-3, Nutrition Score:9.4656521729801%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg

Nutrients (% of daily need)

Calories: 371.71kcal (18.59%), Fat: 26.71g (41.1%), Saturated Fat: 9.51g (59.46%), Carbohydrates: 17.54g (5.85%), Net Carbohydrates: 16.28g (5.92%), Sugar: 6.65g (7.39%), Cholesterol: 63.5mg (21.17%), Sodium: 1013.73mg (44.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.44g (28.88%), Vitamin B1: 0.54mg (36.18%), Selenium: 19.86µg (28.38%), Vitamin B3: 3.79mg (18.95%), Phosphorus: 149.24mg (14.92%), Vitamin B12: 0.89µg (14.82%), Zinc: 1.96mg (13.06%), Vitamin B6: 0.24mg (12.03%), Vitamin B2: 0.19mg (11.22%), Iron: 1.82mg (10.11%), Manganese: 0.19mg (9.37%), Potassium: 326.32mg (9.32%), Copper: 0.13mg (6.28%), Folate: 24.24µg (6.06%), Vitamin B5: 0.54mg (5.41%), Magnesium: 21.4mg (5.35%), Vitamin C: 4.25mg (5.15%), Fiber: 1.27g (5.07%), Calcium: 36.82mg (3.68%), Vitamin E: 0.16mg (1.07%)