



Grilled Maple Sausage and Butternut Squash Foil Packs

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound kielbasa fully cooked cut into 1-inch pieces
- 1 small butternut squash peeled cut into 1-inch chunks
- 1 small bell pepper cut into strips (any color)
- 0.5 cup spring onion
- 0.3 cup maple syrup
- 0.3 cup orange juice
- 0.3 teaspoon salt

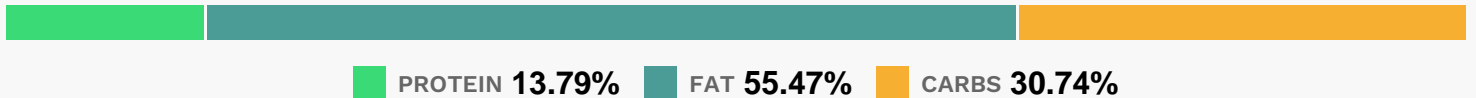
Equipment

- bowl
- grill
- aluminum foil

Directions

- Heat coals or gas grill for direct heat.
- Cut four 18x12-inch sheets of heavy-duty aluminum foil.
- Place sausage, squash and bell pepper on each foil sheet.
- Sprinkle with onions.
- Mix syrup, orange juice and salt in small bowl; pour over sausage mixture on foil sheets. Fold foil over sausage mixture so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
- Cover and grill packets 4 to 6 inches from medium heat 35 to 40 minutes or until sausage is thoroughly heated and squash is tender.
- Place packets on plates; unfold foil.

Nutrition Facts



Properties

Glycemic Index:45.13, Glycemic Load:6.71, Inflammation Score:-10, Nutrition Score:28.962174083876%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 524.18kcal (26.21%), Fat: 32.87g (50.56%), Saturated Fat: 11.77g (73.58%), Carbohydrates: 40.97g (13.66%), Net Carbohydrates: 36.48g (13.26%), Sugar: 18.55g (20.62%), Cholesterol: 79.38mg (26.46%), Sodium: 1150.92mg (50.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.38g (36.77%), Vitamin A: 20666.11IU (413.32%), Vitamin C: 74.29mg (90.05%), Vitamin B1: 0.8mg (53.39%), Manganese: 0.94mg (47.02%), Vitamin B3: 6.48mg (32.4%), Potassium: 1078.6mg (30.82%), Selenium: 21.12µg (30.17%), Vitamin B2: 0.49mg (28.9%), Vitamin B6: 0.57mg (28.59%), Vitamin K: 28.86µg (27.49%), Phosphorus: 228.17mg (22.82%), Magnesium: 90.28mg (22.57%), Vitamin E: 3.07mg (20.45%), Vitamin B12: 1.11µg (18.52%), Folate: 74.05µg (18.51%), Iron: 3.26mg (18.14%), Zinc: 2.71mg (18.09%), Fiber: 4.49g (17.98%), Calcium: 137.63mg (13.76%), Vitamin B5: 1.36mg (13.58%), Copper: 0.26mg (12.88%)