



Grilled Merguez Sandwiches with Caramelized Red Onions

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pieces baguette split toasted
- ☐ 1 tablespoon balsamic vinegar
- ☐ 24 ounce chorizo sausage cut fresh with a fork
- ☐ 12 cilantro sprigs
- ☐ 1 tablespoon honey
- ☐ 4 lemon wedges for serving
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 4 servings pepper freshly ground
- ☐ 2 onions red sliced
- ☐ 4 servings salt

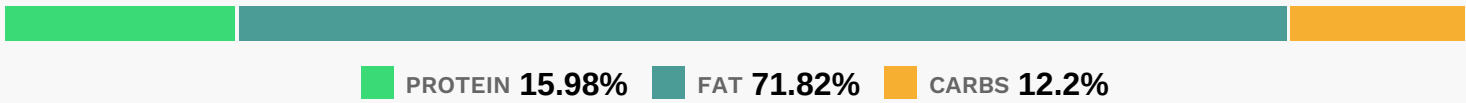
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ In a large skillet, heat the olive oil.
- ☐ Add the onions, season with salt and cook over moderately high heat, stirring, for 5 minutes. Reduce the heat to moderate and cook, stirring occasionally, until the onions are softened, about 10 minutes. Stir in the honey and balsamic vinegar and cook over low heat, stirring occasionally, until richly caramelized, about 10 minutes. Season with salt and pepper.
- ☐ Light a grill. Grill the sausages over moderate heat, turning occasionally, until nicely charred and cooked through, about 15 minutes.
- ☐ Set a sausage in each piece of baguette. Top with the caramelized onions and a few cilantro sprigs and close the sandwiches.
- ☐ Transfer to plates and serve.
- ☐ Garnish with the lemon wedges.

Nutrition Facts



Properties

Glycemic Index:72.63, Glycemic Load:4.39, Inflammation Score:-8, Nutrition Score:7.7469564572625%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg

2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 14.54mg, Quercetin: 14.54mg, Quercetin: 14.54mg

Nutrients (% of daily need)

Calories: 418.02kcal (20.9%), Fat: 32.95g (50.7%), Saturated Fat: 15.2g (94.98%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 10.92g (3.97%), Sugar: 7.79g (8.66%), Cholesterol: 120mg (40%), Sodium: 208.35mg (9.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.5g (33%), Vitamin C: 46.11mg (55.89%), Vitamin A: 1267.62IU (25.35%), Vitamin K: 25.33µg (24.13%), Iron: 2.34mg (13%), Vitamin E: 1.7mg (11.36%), Fiber: 1.66g (6.66%), Manganese: 0.13mg (6.46%), Calcium: 58.75mg (5.88%), Vitamin B6: 0.09mg (4.6%), Folate: 17.34µg (4.34%), Potassium: 146.32mg (4.18%), Vitamin B1: 0.04mg (2.83%), Phosphorus: 23.79mg (2.38%), Magnesium: 9.52mg (2.38%), Copper: 0.05mg (2.36%), Vitamin B2: 0.03mg (1.97%), Vitamin B5: 0.14mg (1.45%), Zinc: 0.16mg (1.06%), Vitamin B3: 0.2mg (1.01%)