



Grilled Mustard Italian Sausages

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup dijon mustard
- ☐ 1.3 lb turkey sausage fresh sweet italian
- ☐ 0.5 cup pears yellow finely chopped
- ☐ 1 tablespoon red wine vinegar
- ☐ 6 portugese rolls split
- ☐ 1.5 cups tomatoes finely chopped

Equipment

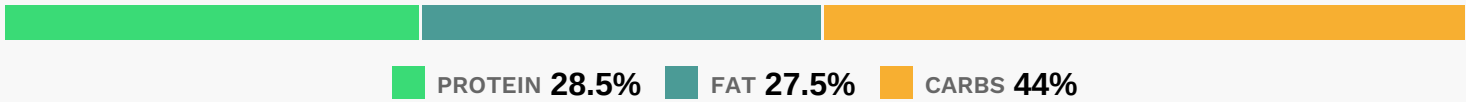
- ☐ bowl

☐ grill

Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix relish ingredients; cover and refrigerate until serving.
- ☐ In another small bowl, mix mustard and oregano; set aside.
- ☐ Place sausages on grill over medium heat. Cover grill; cook 10 minutes, turning occasionally. Continue grilling 8 to 10 minutes longer, turning and brushing occasionally with mustard mixture, until no longer pink in center. Discard any remaining mustard mixture.
- ☐ Serve sausages on buns with relish.

Nutrition Facts



Properties

Glycemic Index:29.96, Glycemic Load:23.97, Inflammation Score:-4, Nutrition Score:12.0747827136%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 340.87kcal (17.04%), Fat: 10.28g (15.82%), Saturated Fat: 1.89g (11.84%), Carbohydrates: 37.01g (12.34%), Net Carbohydrates: 34.63g (12.59%), Sugar: 6.77g (7.52%), Cholesterol: 70.87mg (23.62%), Sodium: 969.22mg (42.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.97g (47.94%), Iron: 12.06mg (66.98%), Vitamin B3: 4.65mg (23.24%), Vitamin B6: 0.45mg (22.41%), Vitamin B12: 1.23µg (20.47%), Zinc: 3.04mg (20.24%), Phosphorus: 189.22mg (18.92%), Vitamin B2: 0.24mg (14.03%), Potassium: 367.97mg (10.51%), Vitamin B5: 1.03mg (10.35%), Vitamin C: 7.91mg (9.59%), Fiber: 2.37g (9.5%), Vitamin A: 391.89IU (7.84%), Vitamin B1: 0.11mg (7.18%), Magnesium: 28.07mg (7.02%), Copper: 0.12mg (6.11%), Manganese: 0.11mg (5.66%), Selenium: 3.54µg (5.06%), Calcium: 35.96mg (3.6%), Vitamin K: 3.69µg (3.51%), Folate: 11.98µg (2.99%), Vitamin E: 0.38mg (2.51%)