



Grilled Mustard Italian Sausages



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups tomatoes finely chopped
- ☐ 0.5 cup pears yellow finely chopped
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 teaspoon oregano dried fresh chopped
- ☐ 0.3 cup dijon mustard
- ☐ 2 teaspoons oregano dried fresh chopped
- ☐ 1.3 lb turkey sausage fresh sweet italian
- ☐ 6 bratwurst split

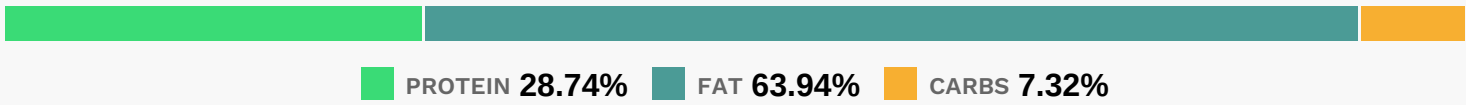
Equipment

- ☐ 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:24.13, Glycemic Load:1.55, Inflammation Score:-8, Nutrition Score:17.20217402085%

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: 390.06kcal (19.5%), Fat: 27.39g (42.14%), Saturated Fat: 8.51g (53.19%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 5.33g (1.94%), Sugar: 2.48g (2.75%), Cholesterol: 119.71mg (39.9%), Sodium: 1235.31mg (53.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.71g (55.41%), Selenium: 29.79µg (42.55%), Vitamin B3:

7.86mg (39.31%), Zinc: 5.21mg (34.72%), Vitamin B6: 0.67mg (33.72%), Phosphorus: 327.98mg (32.8%), Vitamin B12: 1.71µg (28.5%), Vitamin B1: 0.41mg (27.5%), Vitamin B2: 0.45mg (26.26%), Potassium: 610.25mg (17.44%), Vitamin B5: 1.48mg (14.84%), Iron: 2.12mg (11.8%), Vitamin K: 12.15µg (11.57%), Magnesium: 44.63mg (11.16%), Copper: 0.2mg (9.86%), Vitamin C: 7.93mg (9.61%), Manganese: 0.17mg (8.62%), Vitamin A: 412.86IU (8.26%), Fiber: 1.73g (6.94%), Calcium: 64.02mg (6.4%), Vitamin E: 0.73mg (4.87%), Vitamin D: 0.73µg (4.84%), Folate: 16.33µg (4.08%)