



Grilled Peppers and Sausage with Cheese Grits

 Gluten Free

READY IN



37 min.

SERVINGS



6

CALORIES



814 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 29 oz chicken broth canned
- 0.3 cup basil fresh chopped
- 1 teaspoon thyme sprigs fresh
- 2 tablespoons olive oil
- 1 cup parmesan cheese grated
- 0.5 teaspoon pepper freshly ground

- 19.8 oz mild sausage links to package directions and coin
- 1 cup quick-cooking grits uncooked
- 2 medium size bell pepper red cut into quarters
- 1 teaspoon salt divided
- 2 medium size onion sweet cut into quarters

Equipment

- sauce pan
- grill

Directions

- Preheat grill to 350 to 400 (medium-high) heat. Toss peppers and onions with olive oil, thyme, and 1/2 tsp. salt.
- Grill pepper mixture and sausage at the same time, covered with grill lid. Grill pepper mixture, turning occasionally, 8 to 10 minutes or until wilted. Grill sausage 5 minutes on each side or until done.
- Bring remaining 1/2 tsp. salt, chicken broth, and 1/2 cup water to a boil in a 3-qt. saucepan; slowly stir in grits, reduce heat, and simmer 12 minutes or until thickened and creamy, stirring often.
- Remove from heat, and stir in butter and next 3 ingredients.
- Coarsely chop peppers and onions, and slice sausage into 1-inch pieces.
- Serve sausage-and-pepper mixture over hot cooked grits.
- Note: We tested with Johnsonville Irish O'Garlic Sausage.

Nutrition Facts



Properties

Glycemic Index:42.83, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:27.416087026181%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg Quercetin: 16.11mg, Quercetin: 16.11mg, Quercetin: 16.11mg, Quercetin: 16.11mg

Nutrients (% of daily need)

Calories: 814.47kcal (40.72%), Fat: 49.55g (76.23%), Saturated Fat: 17.01g (106.33%), Carbohydrates: 33.77g (11.26%), Net Carbohydrates: 30.65g (11.15%), Sugar: 7.47g (8.3%), Cholesterol: 160.27mg (53.42%), Sodium: 1974.62mg (85.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.19g (114.37%), Vitamin C: 57.5mg (69.69%), Phosphorus: 524.89mg (52.49%), Vitamin B3: 9.44mg (47.18%), Selenium: 31.7µg (45.28%), Zinc: 6.67mg (44.45%), Vitamin B6: 0.89mg (44.44%), Vitamin B12: 2.4µg (39.95%), Vitamin A: 1903.49IU (38.07%), Vitamin B1: 0.47mg (31.47%), Vitamin B2: 0.45mg (26.48%), Iron: 4.37mg (24.25%), Folate: 87.51µg (21.88%), Potassium: 732.29mg (20.92%), Calcium: 206.6mg (20.66%), Magnesium: 73.49mg (18.37%), Vitamin K: 15.03µg (14.31%), Vitamin E: 2.14mg (14.28%), Fiber: 3.12g (12.48%), Manganese: 0.24mg (12.23%), Copper: 0.24mg (12.1%), Vitamin B5: 1mg (10.03%), Vitamin D: 1.43µg (9.56%)