



Grilled Poached Sausages with Roasted Peppers and Onions

READY IN

ready

115 min.

SERVINGS

servings

8

CALORIES

calories

528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 cup freshly basil leaves chopped
- ☐ 2 pints cherry tomatoes
- ☐ 10 garlic cloves
- ☐ 8 sausages italian
- ☐ 1 cup olive oil extra-virgin
- ☐ 4 jalepeno peppers
- ☐ 8 servings gray salt and pepper black freshly ground

- ☐ 6 onions yellow
- ☐ 6 pasilla peppers yellow

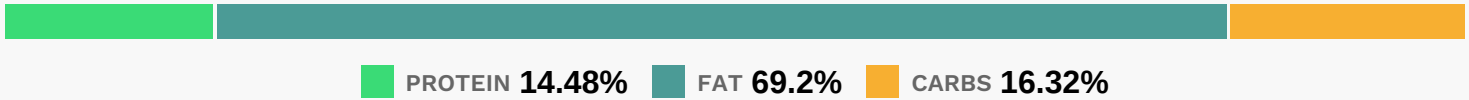
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ pot
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 325 degrees F.
- ☐ Fill a medium pot halfway with cold water and add sausages. Bring to a boil and shut off the flame.
- ☐ Let sausages sit in water until water has cooled to room temperature.
- ☐ Remove sausages from water and reserve until ready to grill.
- ☐ Halve the cherry tomatoes. Seed and slice the peppers into julienne, peel and slice the onions, soup style. Thinly slice the serrano peppers, and the garlic cloves. In a large mixing bowl toss all of the vegetables together with the balsamic vinegar, olive oil, salt and pepper.
- ☐ Pour the mix onto a large oven tray and bake for about 1 hour stirring occasionally so that it cooks evenly.
- ☐ Remove from oven when vegetables are fully cooked and lightly browned.
- ☐ Let cool slightly and stir in chopped basil.
- ☐ Grill the poached sausages over a medium-high heat until nicely caramelized.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:2.96, Inflammation Score:-9, Nutrition Score:22.312608822532%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 19.05mg, Quercetin: 19.05mg, Quercetin: 19.05mg, Quercetin: 19.05mg

Nutrients (% of daily need)

Calories: 527.8kcal (26.39%), Fat: 40.93g (62.98%), Saturated Fat: 13.45g (84.09%), Carbohydrates: 21.72g (7.24%), Net Carbohydrates: 18.45g (6.71%), Sugar: 7.79g (8.66%), Cholesterol: 85.12mg (28.37%), Sodium: 839.78mg (36.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.27g (38.54%), Vitamin C: 201.88mg (244.7%), Vitamin B1: 0.75mg (50.09%), Selenium: 29.6µg (42.29%), Vitamin B6: 0.74mg (37.13%), Vitamin B3: 5.25mg (26.23%), Manganese: 0.51mg (25.44%), Potassium: 889.82mg (25.42%), Phosphorus: 246.96mg (24.7%), Vitamin A: 866.73IU (17.33%), Vitamin B12: 1.02µg (16.99%), Zinc: 2.53mg (16.89%), Copper: 0.33mg (16.51%), Iron: 2.94mg (16.36%), Folate: 65.06µg (16.26%), Vitamin B2: 0.27mg (15.69%), Fiber: 3.27g (13.09%), Vitamin K: 13.7µg (13.05%), Magnesium: 48.97mg (12.24%), Vitamin B5: 1.01mg (10.08%), Vitamin E: 1.49mg (9.96%), Calcium: 74.39mg (7.44%)