



Grilled Pork, Cheddar, and Jalapeño Sausage



Gluten Free

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READY IN

ready

45 min.

SERVINGS

servings

12

CALORIES

calories

313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 garlic cloves minced
- ☐ 2 pounds mild ground pork sausage
- ☐ 2 large jalapeño peppers seeded chopped
- ☐ 1 small onion chopped
- ☐ 1 tablespoon pepper
- ☐ 1 teaspoon salt
- ☐ 8 ounces sharp cheddar cheese shredded

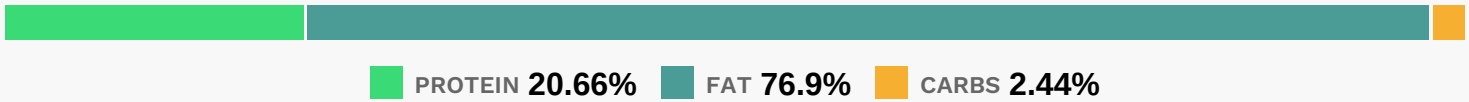
Equipment

- ☐ hand mixer
- ☐ grill

Directions

- ☐ Beat all ingredients at medium speed with an electric mixer until blended. Shape into 12 patties.
- ☐ Prepare fire by piling charcoal or lava rocks on 1 side of grill, leaving the other side empty. Coat food rack with cooking spray, and place on grill. Arrange patties over empty side; grill, covered with grill lid, over high heat (400 to 500 degrees F) for 5 to 7 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:0.45, Inflammation Score:-2, Nutrition Score:8.0560869289481%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 313.06kcal (15.65%), Fat: 26.52g (40.8%), Saturated Fat: 10.29g (64.32%), Carbohydrates: 1.89g (0.63%), Net Carbohydrates: 1.57g (0.57%), Sugar: 0.42g (0.47%), Cholesterol: 73.33mg (24.44%), Sodium: 798.82mg (34.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.03g (32.06%), Phosphorus: 193.62mg (19.36%), Vitamin B3: 3.62mg (18.08%), Zinc: 2.37mg (15.79%), Vitamin B1: 0.22mg (14.67%), Calcium: 146.64mg (14.66%), Vitamin B12: 0.84µg (14.05%), Vitamin B6: 0.28mg (13.91%), Vitamin B2: 0.18mg (10.65%), Selenium: 5.59µg (7.99%), Vitamin D: 1.1µg (7.31%), Potassium: 228.04mg (6.52%), Vitamin B5: 0.61mg (6.14%), Vitamin A: 274.19IU (5.48%), Iron: 0.96mg (5.33%), Manganese: 0.1mg (5.03%), Vitamin C: 4.12mg (4.99%), Magnesium: 17.79mg (4.45%), Copper: 0.07mg (3.5%), Vitamin E: 0.38mg (2.51%), Vitamin K: 2.05µg (1.95%), Folate: 6.59µg (1.65%), Fiber: 0.32g (1.27%)