



Grilled Sausage and Peppers with Cheddar Potatoes

 Gluten Free

READY IN



60 min.

SERVINGS



5

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 19.5 oz turkey sausage italian
- 1 medium bell pepper red cut into wedges
- 1 medium bell pepper green yellow cut into wedges
- 1 small onion sweet cut into wedges
- 0.5 cup salad dressing italian
- 4.9 oz cheddar cheese mashed
- 1 serving butter for on box

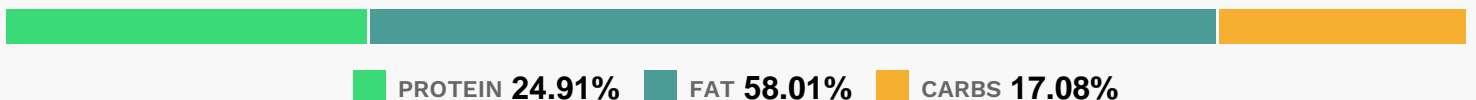
Equipment

- bowl
- grill

Directions

- Place sausages, bell peppers and onion in large bowl.
- Add dressing; stir to coat. Cover; refrigerate 30 minutes.
- Heat gas or charcoal grill.
- Drain sausages and vegetables; discard dressing.
- Place vegetables in grill basket.
- Place sausages on grill over medium heat; cook 12 to 15 minutes, turning frequently, until brown.
- Place grill basket with vegetables on grill; cook about 10 minutes, stirring frequently, until crisp-tender.
- Meanwhile, make potatoes as directed on box, using milk, butter, water and Cheese Sauce pouch.
- Serve sausages and vegetables with potatoes.

Nutrition Facts



Properties

Glycemic Index:21.8, Glycemic Load:0.48, Inflammation Score:-9, Nutrition Score:22.506521634434%

Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg

Nutrients (% of daily need)

Calories: 385.41kcal (19.27%), Fat: 25.06g (38.56%), Saturated Fat: 10.32g (64.52%), Carbohydrates: 16.6g (5.53%), Net Carbohydrates: 14.3g (5.2%), Sugar: 10.49g (11.66%), Cholesterol: 88.53mg (29.51%), Sodium: 1454.23mg (63.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.22g (48.44%), Vitamin C: 111.02mg (134.57%), Iron: 11.1mg (61.69%), Selenium: 33.31µg (47.59%), Phosphorus: 365.32mg (36.53%), Vitamin B6: 0.65mg (32.54%), Vitamin A: 1264.48IU (25.29%), Calcium: 240.46mg (24.05%), Zinc: 3.58mg (23.85%), Vitamin B3: 4.64mg (23.21%), Vitamin B2: 0.35mg (20.8%), Vitamin K: 15.26µg (14.53%), Vitamin B12: 0.77µg (12.86%), Potassium: 438.63mg (12.53%), Magnesium: 48.01mg (12%), Vitamin B5: 1.18mg (11.77%), Folate: 47.07µg (11.77%), Copper: 0.2mg (10.15%), Manganese: 0.19mg (9.39%), Fiber: 2.3g (9.22%), Vitamin B1: 0.14mg (9.2%), Vitamin E: 1.14mg (7.57%), Vitamin D: 0.17µg (1.11%)