



Grilled Sausage and Peppers with Cheddar Potatoes

 Gluten Free

READY IN



60 min.

SERVINGS



5

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

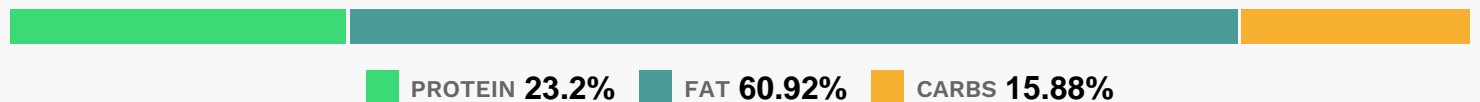
Equipment

- 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:22.659565194793%

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: 414.09kcal (20.7%), Fat: 28.31g (43.55%), Saturated Fat: 12.38g (77.37%), Carbohydrates: 16.6g (5.53%), Net Carbohydrates: 14.3g (5.2%), Sugar: 10.49g (11.66%), Cholesterol: 97.13mg (32.38%), Sodium: 1479.95mg (64.35%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 24.26g (48.51%), Vitamin C: 111.02mg (134.57%), Iron: 11.1mg (61.69%), Selenium: 33.35µg (47.65%), Phosphorus: 366.28mg (36.63%), Vitamin B6: 0.65mg (32.55%), Vitamin A: 1364.44IU (27.29%), Calcium: 241.42mg (24.14%), Zinc: 3.58mg (23.88%), Vitamin B3: 4.64mg (23.22%), Vitamin B2: 0.35mg (20.88%), Vitamin K: 15.54µg (14.8%), Vitamin B12: 0.78µg (12.97%), Potassium: 439.59mg (12.56%), Magnesium: 48.09mg (12.02%), Vitamin B5: 1.18mg (11.82%), Folate: 47.19µg (11.8%), Copper: 0.2mg (10.15%), Manganese: 0.19mg (9.39%), Fiber: 2.3g (9.22%), Vitamin B1: 0.14mg (9.21%), Vitamin E: 1.23mg (8.19%), Vitamin D: 0.17µg (1.11%)