



Grilled Sausage Okra and Tomato Salad

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



364 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 oz mild chicken sausage fully cooked
- 1 tablespoon olive oil
- 0.5 teaspoon pepper
- 3.5 cups water
- 1 teaspoon salt
- 1 lb okra rinsed
- 4 medium plum tomatoes quartered (Roma)
- 1 cup red wine vinegar

- 4 slices bacon cut into 1/2-inch pieces
- 4 cups the salad mixed (from a 5-oz bag)
- 0.3 cup basil fresh chopped
- 0.5 cup spring onion sliced

Equipment

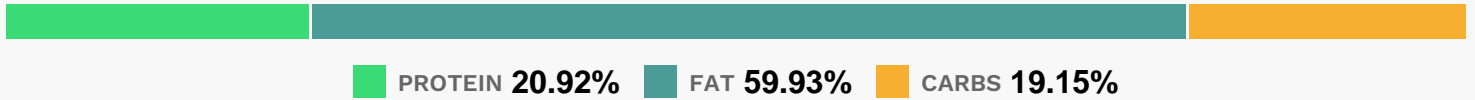
- bowl
- frying pan
- paper towels
- sauce pan
- grill
- wok

Directions

- Heat gas or charcoal grill.
- Brush sausages with oil, sprinkle with pepper; place on grill over medium heat. Cover grill; cook 12 to 14 minutes, turning occasionally until browned and heated thoroughly, set aside to cool, about 10 minutes.
- Cut diagonally into 1/2-inch slices.
- Meanwhile, in 2-quart saucepan, heat water and salt to boil over high heat; add okra. Cook 2 to 3 minutes or until crisp-tender.
- Drain; rinse with cold water to cool.
- Drain well.
- In medium bowl, toss okra, tomatoes in 1/2 cup of the dressing .
- Place vegetables in grill basket (grill "wok"), or place directly on grill rack; reserve dressing.
- Place grill basket on grill over medium heat; cover grill. Grill vegetables, brushing with reserved dressing after 5 minutes. Grill for an additional 5 to 10 minutes or until tender. Cool 10 minutes.
- Meanwhile, in 10-inch skillet, cook bacon over medium heat 8 to 10 minutes, stirring occasionally, until crisp.

- Drain on paper towels. Crumble bacon, set aside.
- On 4 individual serving plates, arrange salad greens. Top each with sausage and grilled vegetables.
- Drizzle with remaining 1/2 cup dressing.
- Garnish with basil, onions, bacon and pepper.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:2.41, Inflammation Score:-9, Nutrition Score:20.225217339785%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 25.47mg, Quercetin: 25.47mg, Quercetin: 25.47mg, Quercetin: 25.47mg

Nutrients (% of daily need)

Calories: 364.08kcal (18.2%), Fat: 24.63g (37.9%), Saturated Fat: 5.97g (37.3%), Carbohydrates: 17.71g (5.9%), Net Carbohydrates: 12.92g (4.7%), Sugar: 4.63g (5.14%), Cholesterol: 74.56mg (24.85%), Sodium: 1635.81mg (71.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.35g (38.7%), Vitamin K: 75.01µg (71.44%), Vitamin C: 47.97mg (58.14%), Manganese: 1.12mg (56.18%), Vitamin A: 2296.27IU (45.93%), Folate: 101.2µg (25.3%), Vitamin B1: 0.33mg (22.01%), Magnesium: 86.86mg (21.71%), Vitamin B6: 0.39mg (19.73%), Fiber: 4.78g (19.14%), Potassium: 664.07mg (18.97%), Phosphorus: 141.97mg (14.2%), Iron: 2.49mg (13.81%), Vitamin B3: 2.69mg (13.45%), Calcium: 128.44mg (12.84%), Copper: 0.25mg (12.42%), Vitamin E: 1.32mg (8.82%), Zinc: 1.21mg (8.07%), Selenium: 5.47µg (7.81%), Vitamin B2: 0.13mg (7.6%), Vitamin B5: 0.52mg (5.19%), Vitamin B12: 0.11µg (1.83%)