



Grilled Sausage with Spicy Sauce



Gluten Free



Dairy Free

READY IN



38 min.

SERVINGS



6

CALORIES



629 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ears corn
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon hot sauce
- ☐ 0.8 cup catsup
- ☐ 2 pounds kielbasa smoked cut into bite-size pieces
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 0.5 cup piquante peppers sweet chopped
- ☐ 1 jalapeno red minced seeded
- ☐ 0.5 small onion red chopped
- ☐ 0.8 cup spicy brown mustard
- ☐ 0.5 teaspoon sugar
- ☐ 0.3 cup pickled cucumbers / gherkins sweet finely chopped
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Special equipment: 8 to 10 wooden skewers soaked in water for about 20 minutes
- ☐ Soak 8 to 10 wooden skewers in water for about 20 minutes.
- ☐ Preheat a grill to medium and brush with the oil. Thread the sausage onto the skewers, leaving space between each piece. Grill until slightly crisp, 3 to 4 minutes per side.
- ☐ Mix the ketchup, mustard and hot sauce in a bowl.
- ☐ Serve with the sausage for dipping.
- ☐ Serve this dish with Tangy Corn Relish.
- ☐ Preheat a grill to medium-high.
- ☐ Brush the corn with 1 tablespoon olive oil and sprinkle with the cumin, and salt and pepper to taste. Grill until golden and toasted on all sides, 5 to 8 minutes, turning as needed.
- ☐ Combine the remaining 2 tablespoons oil, the sweet piquante peppers, onion, gherkins, parsley, jalapeno and sugar in a large bowl and season with salt and pepper. Slice the corn kernels off the cobs and toss with the relish. Cover and refrigerate for at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:36.85, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:19.8426086177%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 628.66kcal (31.43%), Fat: 51.08g (78.59%), Saturated Fat: 15.44g (96.49%), Carbohydrates: 22.14g (7.38%), Net Carbohydrates: 19.52g (7.1%), Sugar: 11.08g (12.31%), Cholesterol: 107.35mg (35.78%), Sodium: 2184.37mg (94.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.3g (42.6%), Vitamin K: 55.19µg (52.57%), Selenium: 30.86µg (44.08%), Vitamin B12: 2.28µg (38.05%), Vitamin B1: 0.52mg (34.76%), Vitamin B3: 6.17mg (30.87%), Vitamin C: 22.42mg (27.18%), Zinc: 3.67mg (24.46%), Phosphorus: 240.54mg (24.05%), Vitamin B2: 0.36mg (21.13%), Vitamin B6: 0.41mg (20.65%), Potassium: 569.8mg (16.28%), Manganese: 0.32mg (15.82%), Iron: 2.8mg (15.54%), Magnesium: 53.81mg (13.45%), Vitamin E: 1.88mg (12.54%), Vitamin A: 567.49IU (11.35%), Vitamin D: 1.66µg (11.09%), Fiber: 2.62g (10.47%), Vitamin B5: 1.03mg (10.32%), Copper: 0.18mg (8.97%), Folate: 31.07µg (7.77%), Calcium: 49.78mg (4.98%)