



Grilled Sausages

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 oz lager beer
- ☐ 4 servings pepper-onion relish sweet
- ☐ 4 pork sausages fresh
- ☐ 16 inch hoagie rolls

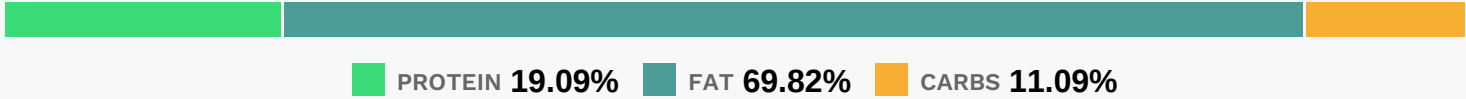
Equipment

- ☐ grill
- ☐ dutch oven

Directions

- ☐ Preheat grill to 350 to 400 (medium-high). Bring sausages and beer to a boil in a Dutch oven over medium-high heat. Cover, remove from heat, and let stand 10 minutes.
- ☐ Drain.
- ☐ Cut a 1/2-inch-deep wedge from top of each roll. Reserve wedges for another use, if desired.
- ☐ Cut rolls in half crosswise.
- ☐ Grill sausages, covered with grill lid, over 350 to 400 (medium-high) heat 8 to 10 minutes on each side or to desired degree of doneness.
- ☐ Place 1 sausage in each roll half. Spoon desired amount of Sweet Pepper-Onion Relish over each sausage.
- ☐ *Chicken sausages may be substituted.
- ☐ **4 1/2 cups water may be substituted.
- ☐ Note: For testing purposes only, we used Johnsonville Stadium Style Brats and Yuengling Traditional Lager.

Nutrition Facts



Properties

Glycemic Index:46.63, Glycemic Load:5.77, Inflammation Score:-5, Nutrition Score:8.8104348519574%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 442.09kcal (22.1%), Fat: 30.3g (46.61%), Saturated Fat: 9.94g (62.13%), Carbohydrates: 10.83g (3.61%), Net Carbohydrates: 10.63g (3.87%), Sugar: 0.62g (0.69%), Cholesterol: 81.36mg (27.12%), Sodium: 767.81mg (33.38%), Alcohol: 6.63g (100%), Alcohol %: 2.86% (100%), Protein: 18.64g (37.28%), Vitamin B3: 6.2mg (31%), Vitamin B1: 0.32mg (21.36%), Vitamin B6: 0.43mg (21.25%), Phosphorus: 176.95mg (17.7%), Vitamin B12: 0.99µg

(16.58%), Zinc: 2.47mg (16.49%), Iron: 2.82mg (15.68%), Vitamin B2: 0.18mg (10.66%), Vitamin D: 1.47µg (9.79%), Potassium: 328.29mg (9.38%), Vitamin B5: 0.83mg (8.3%), Magnesium: 26.27mg (6.57%), Copper: 0.08mg (4.2%), Folate: 11.63µg (2.91%), Vitamin A: 135.53IU (2.71%), Calcium: 18.14mg (1.81%), Selenium: 1.02µg (1.46%), Vitamin E: 0.21mg (1.43%), Vitamin C: 0.89mg (1.08%), Manganese: 0.02mg (1.08%)