



Grilled Sausages with Arugula Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces arugula washed trimmed
- ☐ 1.5 teaspoon coarse salt
- ☐ 5 clove garlic cloves crushed peeled
- ☐ 0.5 pinch olive oil extra-virgin
- ☐ 1 cup parmesan cheese freshly grated
- ☐ 0.3 cup parsley italian
- ☐ 0.5 slice pepper freshly ground

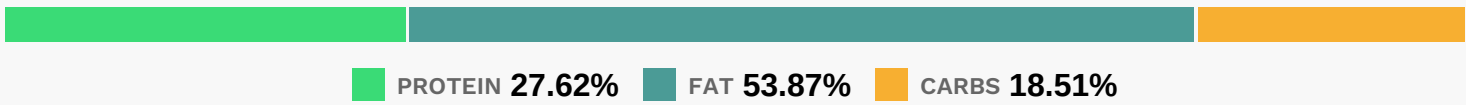
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Pesto: This can be done up to a week in advance. Hold the pesto in the refrigerator until ready to use it.
- ☐ Place the arugula, parsley and garlic in the bowl of a food processor. Pulse until finely chopped, scraping down sides if necessary.
- ☐ Heat grill to medium-high heat. Prick sausages with fork to allow excess fat to drip. you may start the sausages in a fry pan. I do. Then move them to the flames to finish. Grill until cooked barely through, about 6-8 minutes.
- ☐ Serve the pesto with the grilled sausages.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.59, Inflammation Score:-7, Nutrition Score:11.273478414701%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 9.96mg, Kaempferol: 9.96mg, Kaempferol: 9.96mg, Kaempferol: 9.96mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 120.69kcal (6.03%), Fat: 7.36g (11.33%), Saturated Fat: 3.93g (24.54%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 5.01g (1.82%), Sugar: 0.67g (0.74%), Cholesterol: 21.75mg (7.25%), Sodium: 1319.97mg (57.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.99%), Vitamin K: 93.17µg (88.73%), Calcium: 279.42mg (27.94%), Vitamin A: 1205.91IU (24.12%), Phosphorus: 181.35mg (18.14%), Selenium: 9.38µg (13.4%), Vitamin C: 10.41mg (12.62%), Manganese: 0.2mg (9.96%), Folate: 34.83µg (8.71%), Zinc: 1.3mg (8.69%), Vitamin B2: 0.12mg (6.98%), Magnesium: 25.12mg (6.28%), Vitamin B12: 0.34µg (5.63%), Potassium: 188.26mg (5.38%), Iron: 0.84mg

(4.68%), Vitamin B6: 0.09mg (4.56%), Fiber: 0.69g (2.75%), Copper: 0.05mg (2.53%), Vitamin B5: 0.24mg (2.44%),
Vitamin B1: 0.03mg (2.01%), Vitamin E: 0.3mg (2%)