



 5%
HEALTH SCORE

Grilled Sausages with Mixed-Pepper Compote

 Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



599 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 hotdog buns
- 12 hotdog buns
- 12 servings pepper mixed
- 12 pork sausage
- 12 servings salt and pepper
- 2 onion sweet sliced into 1/2-inch rings

Equipment

- grill

kitchen thermometer

metal skewers

Directions

Preheat grill to mediumlow. Push a metal skewer through onion rings horizontally.

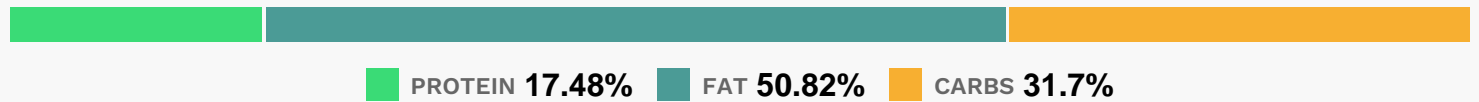
Mist onion rings with nonstick cooking spray; season with salt and pepper. Grill for 20 minutes, turning often, until tender.

Remove from grill, cut each ring in half and separate. Set aside.

Grill sausages, turning often, until a meat thermometer registers 170F when stuck into thickest part, 20 minutes.

Serve in buns with onions and pepper compote.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:25.47, Inflammation Score:-4, Nutrition Score:17.650000095367%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 598.57kcal (29.93%), Fat: 33.35g (51.31%), Saturated Fat: 10.66g (66.6%), Carbohydrates: 46.81g (15.6%), Net Carbohydrates: 44.76g (16.28%), Sugar: 8.96g (9.95%), Cholesterol: 81.36mg (27.12%), Sodium: 1336.8mg (58.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.81g (51.62%), Vitamin B1: 0.8mg (53%), Vitamin B3: 8.94mg (44.71%), Selenium: 23.4µg (33.43%), Manganese: 0.53mg (26.54%), Phosphorus: 253.45mg (25.35%), Iron: 4.32mg (24.03%), Vitamin B2: 0.4mg (23.62%), Vitamin B6: 0.47mg (23.57%), Folate: 93.74µg (23.43%), Zinc: 3.15mg (20.97%), Vitamin B12: 1.13µg (18.84%), Calcium: 144.17mg (14.42%), Potassium: 450.96mg (12.88%), Magnesium: 40.51mg (10.13%), Copper: 0.2mg (9.98%), Vitamin D: 1.47µg (9.79%), Fiber: 2.05g (8.21%), Vitamin B5: 0.81mg (8.14%), Vitamin C: 4.54mg (5.51%), Vitamin K: 4.86µg (4.63%), Vitamin E: 0.46mg (3.04%), Vitamin A: 86.7IU (1.73%)