



Grilled Sausages with Prunes and Bacon

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon
- ☐ 18 prune- cut to pieces pitted
- ☐ 6 bratwurst sausages fresh
- ☐ 6 bratwurst buns
- ☐ 12 toothpicks
- ☐ 12 toothpicks

Equipment

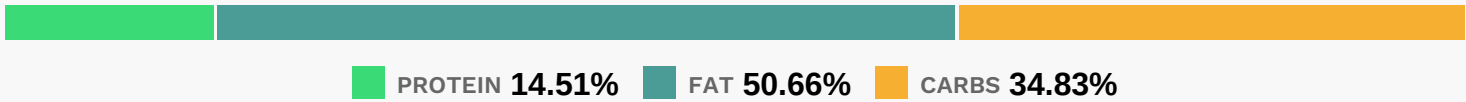
- ☐ bowl

- ☐ pot
- ☐ toothpicks
- ☐ grill

Directions

- ☐ Prick the casing of each sausage in a few places to prevent them from bursting.
- ☐ Place the sausages in a pot, cover with water, and bring to a boil over medium–high heat. Reduce heat to medium; simmer 8 minutes.
- ☐ Remove from pot and let cool.
- ☐ Place toothpicks in a small bowl of water and soak 10 minutes to prevent burning on the grill.
- ☐ Slice sausages halfway through on the long side. Stuff 3 prunes into the opening. Wrap a bacon slice around the sausage in a spiral and secure with two toothpicks. Repeat with all 6 sausages.
- ☐ Preheat an outdoor grill for medium–high heat.
- ☐ Place sausages onto preheated grill and cook, turning once, until desired doneness, or until bacon is browned.
- ☐ Serve on buns topped with desired condiments.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:27.9, Inflammation Score:-2, Nutrition Score:12.498260713142%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 595.38kcal (29.77%), Fat: 33.6g (51.69%), Saturated Fat: 10.43g (65.18%), Carbohydrates: 51.97g (17.32%), Net Carbohydrates: 48.77g (17.74%), Sugar: 15.76g (17.51%), Cholesterol: 75.72mg (25.24%), Sodium: 979.36mg (42.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.65g (43.31%), Iron: 11.96mg (66.46%), Vitamin B3: 5.45mg (27.23%), Vitamin B1: 0.31mg (20.65%), Vitamin B6: 0.38mg (19.01%), Vitamin K: 18.19µg (17.32%),

Phosphorus: 167.13mg (16.71%), Zinc: 2.24mg (14.91%), Vitamin B12: 0.83µg (13.88%), Potassium: 473.96mg (13.54%), Fiber: 3.19g (12.78%), Vitamin B2: 0.18mg (10.43%), Vitamin B5: 0.82mg (8.19%), Vitamin D: 1.19µg (7.95%), Copper: 0.15mg (7.48%), Magnesium: 26.84mg (6.71%), Selenium: 4.51µg (6.45%), Vitamin A: 306.19IU (6.12%), Manganese: 0.1mg (4.82%), Calcium: 28.04mg (2.8%), Vitamin E: 0.39mg (2.57%)