



Grilled Smoked Sausage and Cheddar Potato Foil Packs

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup processed cheese food (from 15-oz jar)
- ☐ 2 oz cheddar cheese shredded
- ☐ 2 cups bell pepper frozen (from 1-lb bag)
- ☐ 2 cups potatoes diced refrigerated with onions (from 20-oz bag) cooked
- ☐ 1 lb sausage smoked fully cooked cut into 1 1/2-inch pieces

Equipment

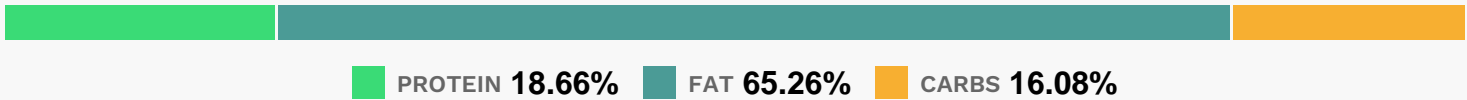
- ☐ bowl

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Cut 4 (18x12-inch) sheets of heavy-duty foil; spray with cooking spray.
- ☐ In medium bowl, mix cheese sauce and cheese. Stir in stir-fry vegetables and potatoes. Arrange 4 sausage pieces and 1 cup potato mixture on center of each foil sheet. Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- ☐ Place packets on grill. Cover grill; cook over medium-low heat 20 to 25 minutes, rotating packets 1/2 turn after 10 minutes, until potatoes are tender. To serve, cut large X across top of each packet; carefully fold back foil to allow steam to escape.

Nutrition Facts



Properties

Glycemic Index:49.44, Glycemic Load:14.72, Inflammation Score:-9, Nutrition Score:25.869999823363%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 600.17kcal (30.01%), Fat: 43.57g (67.03%), Saturated Fat: 17.51g (109.42%), Carbohydrates: 24.15g (8.05%), Net Carbohydrates: 20.28g (7.37%), Sugar: 4.59g (5.1%), Cholesterol: 122.07mg (40.69%), Sodium: 1261.83mg (54.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.03g (56.06%), Vitamin C: 116.84mg (141.62%), Vitamin A: 2809.84IU (56.2%), Phosphorus: 465.49mg (46.55%), Vitamin B6: 0.9mg (44.87%), Calcium: 402.55mg (40.25%), Vitamin B3: 7.2mg (35.98%), Vitamin B1: 0.44mg (29.61%), Zinc: 4.13mg (27.5%), Potassium: 926.04mg (26.46%), Vitamin B12: 1.51µg (25.13%), Vitamin B2: 0.36mg (21.13%), Fiber: 3.87g (15.5%), Magnesium: 59.62mg (14.9%), Vitamin B5: 1.47mg (14.72%), Iron: 2.59mg (14.37%), Folate: 57.28µg (14.32%), Selenium: 9.7µg (13.86%), Manganese: 0.26mg (13.1%), Vitamin E: 1.72mg (11.46%), Vitamin D: 1.72µg (11.44%), Copper: 0.22mg (10.88%), Vitamin K: 7.12µg (6.78%)