



Grilled Smoked Sausage and Cheddar Potato Packs

 **Gluten Free**

READY IN



35 min.

SERVINGS



4

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

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:42.44, Glycemic Load:14.6, Inflammation Score:-9, Nutrition Score:27.0508696099999

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: 532.53kcal (26.63%), Fat: 35.02g (53.88%), Saturated Fat: 15.56g (97.26%), Carbohydrates: 23.7g (7.9%), Net Carbohydrates: 19.82g (7.21%), Sugar: 4.06g (4.52%), Cholesterol: 115.87mg (38.62%), Sodium: 316.53mg (13.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.57g (61.14%), Vitamin C: 116.04mg (140.66%), Vitamin A: 2689.02IU (53.78%), Vitamin B12: 2.8µg (46.69%), Vitamin B6: 0.92mg (45.86%), Zinc: 6.53mg (43.52%), Phosphorus: 420.35mg (42.03%), Selenium: 27.41µg (39.15%), Vitamin B3: 6.65mg (33.24%), Calcium: 288.24mg (28.82%), Potassium: 932.65mg (26.65%), Vitamin B2: 0.42mg (24.75%), Iron: 3.4mg (18.87%), Folate: 66.43µg (16.61%), Fiber: 3.87g (15.5%), Magnesium: 61.92mg (15.48%), Manganese: 0.26mg (12.95%), Vitamin E: 1.92mg (12.78%), Vitamin B5: 1.26mg (12.62%), Vitamin B1: 0.18mg (12.22%), Copper: 0.21mg (10.35%), Vitamin K: 8.54µg (8.13%), Vitamin D: 0.33µg (2.17%)