



Grilled Sweet and Hot Sausage with Grilled Onion Marmalade and Red Peppers

 Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



1187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup crème de cassis
- ☐ 1 clove garlic finely chopped
- ☐ 0.3 cup grenadine syrup
- ☐ 1 pound sausage italian hot sliced in half, vertically, then quartered
- ☐ 1 pound sausage sweet italian sliced in half, vertically, then quartered
- ☐ 1 small jalapeno diced finely
- ☐ 3 tablespoons olive oil

- ☐ 0.3 parsley coarsely chopped
- ☐ 3 onions red sliced in half
- ☐ 2 pasilla peppers red seeded quartered
- ☐ 0.3 cup red wine
- ☐ 1 cup red wine vinegar
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 hoagie rolls

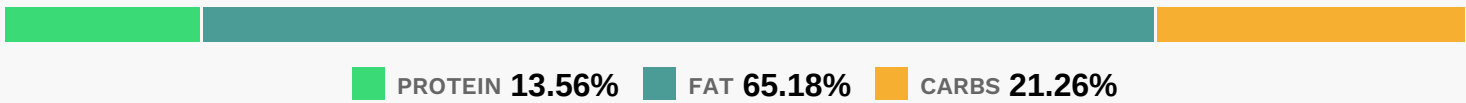
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat grill.
- ☐ Brush the onions with 1 tablespoon of the olive oil and season with salt and pepper and grill until lightly brown.
- ☐ Remove from the grill and slice thinly.
- ☐ Heat the remaining olive oil in a medium saucepan over medium heat.
- ☐ Add the onions, garlic, and jalapeno and cook for 1 minute.
- ☐ Add the vinegar, cassis, grenadine, red wine and reduce until the liquid has almost evaporated.
- ☐ Remove from heat, add the parsley and salt and pepper to taste. Grill sausages.
- ☐ Serve at room temperature. Each sandwich gets sausage, red pepper and marmalade on a hogie.

Nutrition Facts



Properties

Glycemic Index:99.25, Glycemic Load:39.38, Inflammation Score:-9, Nutrition Score:32.970000308493%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 17.23mg, Quercetin: 17.23mg, Quercetin: 17.23mg, Quercetin: 17.23mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 1186.64kcal (59.33%), Fat: 84.03g (129.28%), Saturated Fat: 27.08g (169.27%), Carbohydrates: 61.67g (20.56%), Net Carbohydrates: 57.83g (21.03%), Sugar: 21.85g (24.28%), Cholesterol: 172.37mg (57.46%), Sodium: 2162.9mg (94.04%), Alcohol: 1.59g (100%), Alcohol %: 0.36% (100%), Protein: 39.33g (78.65%), Vitamin C: 91.57mg (110.99%), Vitamin B1: 1.36mg (90.8%), Selenium: 56.99µg (81.41%), Iron: 14.2mg (78.87%), Vitamin B6: 0.99mg (49.26%), Vitamin B3: 8.13mg (40.67%), Vitamin A: 1907.96IU (38.16%), Phosphorus: 372.57mg (37.26%), Vitamin B12: 2.06µg (34.4%), Zinc: 4.44mg (29.59%), Vitamin B2: 0.46mg (27.29%), Potassium: 880.07mg (25.14%), Manganese: 0.37mg (18.52%), Vitamin E: 2.6mg (17.3%), Folate: 62.4µg (15.6%), Fiber: 3.83g (15.33%), Vitamin B5: 1.47mg (14.67%), Magnesium: 53.03mg (13.26%), Copper: 0.24mg (12.09%), Vitamin K: 11.31µg (10.77%), Calcium: 79.17mg (7.92%)