



Grilled Sweetbreads



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



75 kcal

SIDE DISH

Ingredients

- ☐ 4 servings accompaniment: chimichurri sauce
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons salt
- ☐ 1 gallon water cold
- ☐ 1 cup distilled vinegar white
- ☐ 1 lb sweetbreads
- ☐ 1 lb sweetbreads

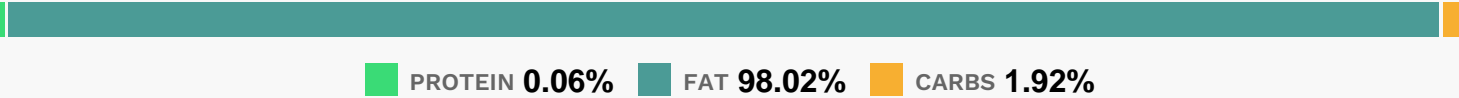
Equipment

- ☐ bowl
- ☐ pot
- ☐ grill
- ☐ aluminum foil
- ☐ skewers
- ☐ colander
- ☐ grill pan

Directions

- ☐ Rinse sweetbreads well, then transfer to a 6-quart pot and add water, vinegar, and salt. Bring to a boil over high heat, then reduce heat and simmer gently 10 minutes.
- ☐ Drain sweetbreads in a colander, then transfer to a bowl of ice and cold water to cool.
- ☐ While sweetbreads are cooling, prepare grill for cooking over direct heat with medium-hot charcoal (moderately high heat for gas; see "Grilling Procedure").
- ☐ Drain sweetbreads, then pat dry gently and separate into roughly 1 1/2-inch pieces (about 2
- ☐ using your fingers. Toss sweetbread pieces with oil in a bowl, then thread onto skewers (about 5 pieces on each). Season with salt and pepper.
- ☐ Grill sweetbreads on lightly oiled grill rack (covered only if using a gas grill), turning occasionally, until golden brown, 5 to 7 minutes total.
- ☐ Transfer to a platter and let stand, loosely covered with foil, 5 minutes.
- ☐ Sweetbreads can be grilled in a hot lightly oiled well-seasoned large (2-burner) ridged grill pan over moderately high heat.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.2530434868582%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 74.57kcal (3.73%), Fat: 7g (10.77%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 0.31g (0.1%), Net Carbohydrates: 0.31g (0.11%), Sugar: 0.26g (0.29%), Cholesterol: 0mg (0%), Sodium: 3548.95mg (154.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.01g (0.02%), Copper: 0.16mg (7.9%), Vitamin E: 1.01mg (6.72%), Vitamin K: 4.21µg (4.01%), Calcium: 34.45mg (3.44%), Magnesium: 10.19mg (2.55%), Manganese: 0.04mg (2.2%)