



## Honey-Mustard Chicken-Sausage Kebabs



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 24 snack peppers mini
- ☐ 6 tablespoons dijon mustard
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon mayonnaise
- ☐ 4 servings olive oil
- ☐ 4 sun-dried olives fully cooked cut into 6 pieces

### Equipment

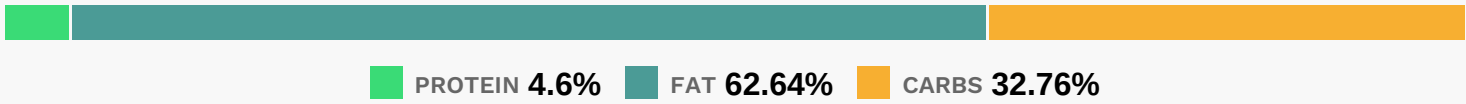
- ☐ bowl

- ☐ baking sheet
- ☐ whisk
- ☐ grill
- ☐ skewers

## Directions

- ☐ Prepare barbecue (medium-high heat).
- ☐ Whisk mustard, honey, and mayonnaise in small bowl to blend. Thread 3 sausage pieces alternatively with 3 peppers onto each of 8 skewers and place on baking sheet.
- ☐ Brush with milk; sprinkle with salt and pepper.
- ☐ Grill skewers until vegetables are lightly charred and crisp-tender and sausage is heated through, turning occasionally and brushing with mustard mixture during last 1 or 2 minutes, about 8 minutes total.
- ☐ Arrange skewers on platter.
- ☐ Brush with any remaining mustard mixture.

## Nutrition Facts



## Properties

Glycemic Index:49.07, Glycemic Load:6.97, Inflammation Score:-10, Nutrition Score:18.796086938323%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 242.04kcal (12.1%), Fat: 17.94g (27.6%), Saturated Fat: 2.51g (15.66%), Carbohydrates: 21.11g (7.04%), Net Carbohydrates: 16.35g (5.94%), Sugar: 16.77g (18.63%), Cholesterol: 1.47mg (0.49%), Sodium: 279.29mg (12.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.93%), Vitamin C: 215.97mg (261.78%), Vitamin A: 5295.81IU (105.92%), Vitamin E: 4.86mg (32.43%), Vitamin B6: 0.51mg (25.69%), Vitamin K: 23.56µg (22.44%), Folate: 80.6µg (20.15%), Fiber: 4.76g (19.05%), Manganese: 0.33mg (16.38%), Potassium: 463.13mg (13.23%), Selenium: 8.09µg (11.56%), Vitamin B2: 0.17mg (10.12%), Vitamin B3: 1.96mg (9.82%), Vitamin B1: 0.14mg (9.61%),

Magnesium: 35.08mg (8.77%), Iron: 1.39mg (7.73%), Phosphorus: 76.25mg (7.63%), Vitamin B5: 0.65mg (6.55%),  
Zinc: 0.63mg (4.21%), Copper: 0.08mg (3.9%), Calcium: 29.18mg (2.92%)