



Italian Mixed Grill

 Gluten Free  Dairy Free

READY IN



110 min.

SERVINGS



8

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup vegetable oil
- 3 tablespoons juice of lemon
- 3 tablespoons parsley fresh chopped
- 1 tablespoon rosemary dried fresh chopped
- 2 teaspoons thyme leaves dried fresh chopped
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 2 large cloves garlic finely chopped

- 1 lb ground sausage fresh italian
- 0.5 cup water
- 0.3 cup onion chopped
- 1.3 lb chicken breast boneless skinless
- 1 lb beef top sirloin steaks boneless

Equipment

- bowl
- grill
- microwave

Directions

- In small bowl, mix all Herbed Lemon Oil ingredients. Cover and let stand at least 1 hour to blend flavors.
- In 2-quart microwavable casserole, place sausages, water and onion. Cover and microwave on High 5 minutes; rearrange sausages. Re-cover and microwave on Medium (50%) 5 to 7 minutes or until sausages are no longer pink in center.
- Remove sausages; discard onion and water.
- Brush grill rack with vegetable oil.
- Heat coals or gas grill for direct heat.
- Brush all sides of chicken, beef and sausages with oil mixture.
- Grill meats uncovered over medium heat, brushing frequently with oil mixture and turning occasionally, for the following times: Grill beef 5 minutes.
- Add chicken and continue grilling. Grill beef 12 to 16 minutes or to desired doneness. Grill chicken 15 to 20 minutes or until juice is clear when center of thickest part is cut (170°).
- Add cooked sausages during the last 5 to 10 minutes of grilling to brown.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:19.291304431532%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 379.46kcal (18.97%), Fat: 24.41g (37.56%), Saturated Fat: 7.98g (49.86%), Carbohydrates: 1.89g (0.63%), Net Carbohydrates: 1.53g (0.56%), Sugar: 0.37g (0.42%), Cholesterol: 121.9mg (40.63%), Sodium: 675.92mg (29.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.97g (71.93%), Selenium: 54.36µg (77.65%), Vitamin B3: 12.95mg (64.75%), Vitamin B6: 1.08mg (54.13%), Phosphorus: 353.7mg (35.37%), Vitamin K: 30.51µg (29.06%), Vitamin B1: 0.42mg (27.86%), Zinc: 3.75mg (25%), Vitamin B12: 1.19µg (19.84%), Potassium: 638.8mg (18.25%), Vitamin B5: 1.7mg (16.97%), Vitamin B2: 0.24mg (14.25%), Iron: 2.13mg (11.85%), Magnesium: 42.79mg (10.7%), Vitamin C: 7.71mg (9.35%), Copper: 0.12mg (6.15%), Folate: 20.12µg (5.03%), Manganese: 0.09mg (4.67%), Calcium: 37.17mg (3.72%), Vitamin A: 180.04IU (3.6%), Vitamin E: 0.54mg (3.59%), Fiber: 0.36g (1.44%)