



## Italian Sausage with Red Grapes



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



684 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 6 servings accompaniment: sautéed greens with garlic
- ☐ 2 lb sausage sweet italian ( 12 3- to 4-inch links)
- ☐ 2 tablespoons olive oil
- ☐ 2 lb grapes red seedless stemmed

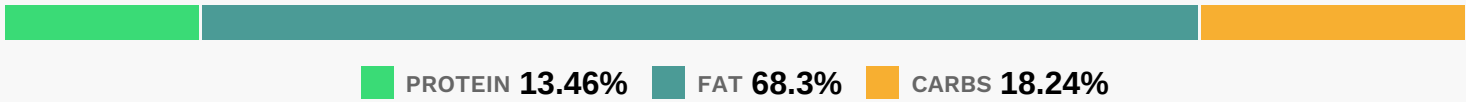
## Equipment

- ☐ frying pan

# Directions

- ☐ Heat olive oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then cook sausages, turning over once, until well browned, about 8 minutes total.
- ☐ Add grapes and cook, stirring occasionally, until sausages are cooked through and grapes are softened, 10 to 12 minutes. Stir in vinegar and salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:20.67, Glycemic Load:13.14, Inflammation Score:-5, Nutrition Score:18.809130647908%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 684.47kcal (34.22%), Fat: 52.31g (80.47%), Saturated Fat: 17.77g (111.06%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 30.09g (10.94%), Sugar: 25.02g (27.8%), Cholesterol: 114.91mg (38.3%), Sodium: 1121.21mg (48.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.19g (46.37%), Vitamin B1: 0.98mg (65.01%), Selenium: 37.81µg (54.01%), Vitamin B6: 0.62mg (30.78%), Vitamin B3: 5.42mg (27.09%), Phosphorus: 262.56mg (26.26%), Vitamin K: 24.88µg (23.7%), Vitamin B12: 1.38µg (22.93%), Vitamin B2: 0.38mg (22.34%), Potassium: 752.06mg (21.49%), Vitamin C: 17.14mg (20.78%), Zinc: 2.9mg (19.37%), Copper: 0.34mg (16.79%), Iron: 2.68mg (14.91%), Manganese: 0.27mg (13.39%), Vitamin A: 554.19IU (11.08%), Magnesium: 37.43mg (9.36%), Vitamin B5: 0.89mg (8.95%), Folate: 29.92µg (7.48%), Vitamin E: 0.96mg (6.4%), Fiber: 1.36g (5.44%), Calcium: 50.45mg (5.05%)