



 5%
HEALTH SCORE

Johnsonville Italian Sausage Hot Tub

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



10

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon parsley fresh chopped
- 4 medium garlic clove peeled quartered
- 1 medium bell pepper green julienned
- 6 ounce olives pitted ripe drained canned
- 16 ounce onion drained
- 39.5 ounce mild sausage links to package directions and coin italian johnsonville®
- 750 milliliter wine
- 1 large bell pepper sweet red yellow julienned

Equipment

- frying pan
- grill
- aluminum foil

Directions

- Preheat grill to medium-low heat. In a disposable foil pan, combine the wine, peppers, onions, olives, garlic and parsley.
- Place on the grill; cover with foil. Bring to a slow simmer. Meanwhile, grill sausage according to package directions. When sausage is browned and fully cooked (180 degrees F), transfer links to the wine steam bath. Cover and keep warm until guests arrive.

Nutrition Facts

PROTEIN 18.02% **FAT 73.14%** **CARBS 8.84%**

Properties

Glycemic Index:17.4, Glycemic Load:1.59, Inflammation Score:-7, Nutrition Score:13.116086915783%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.56mg, Quercetin: 9.56mg, Quercetin: 9.56mg, Quercetin: 9.56mg

Nutrients (% of daily need)

Calories: 454.36kcal (22.72%), Fat: 32.45g (49.92%), Saturated Fat: 10.24g (63.98%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 6.91g (2.51%), Sugar: 3.74g (4.15%), Cholesterol: 80.67mg (26.89%), Sodium: 984.97mg (42.82%), Alcohol: 7.84g (100%), Alcohol %: 3.54% (100%), Protein: 17.99g (35.97%), Vitamin C: 35.61mg (43.16%), Vitamin B3: 5.68mg (28.38%), Vitamin B6: 0.53mg (26.51%), Vitamin B1: 0.35mg (23.65%), Phosphorus: 187.49mg (18.75%), Zinc: 2.68mg (17.87%), Vitamin B12: 0.95µg (15.87%), Vitamin A: 743.1IU (14.86%), Potassium: 467.7mg (13.36%), Vitamin B2: 0.18mg (10.62%), Manganese: 0.21mg (10.34%), Iron: 1.78mg (9.91%), Vitamin D:

1.46µg (9.71%), Vitamin B5: 0.92mg (9.18%), Vitamin K: 9.44µg (8.99%), Magnesium: 33.36mg (8.34%), Vitamin E: 1.18mg (7.85%), Fiber: 1.92g (7.67%), Copper: 0.13mg (6.5%), Folate: 20.39µg (5.1%), Calcium: 41.27mg (4.13%)