



Merguez with Chickpea Purée and Eggplant Jam



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



191 kcal

SIDE DISH

Ingredients

- ☐ 10 arugula leaves
- ☐ 6 servings chickpea purée
- ☐ 6 servings eggplant jam
- ☐ 2 pounds merguez
- ☐ 2 pounds merguez

Equipment

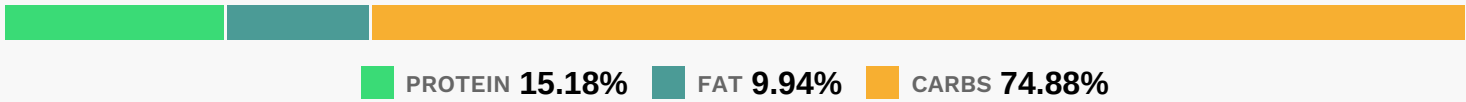
- ☐ grill

☐ skewers

Directions

- ☐ Skewer sausages if using coils.
- ☐ Heat a grill to medium-low (300 to 350°F)
- ☐ and cook sausages, turning as needed, until evenly browned outside and cooked all the way through, about 15 minutes.
- ☐ Rinse dandelion greens. Arrange on a large platter with grilled sausage.
- ☐ Serve with puree and jam.
- ☐ *Find merguez at butcher shops. If you can't find coiled sausages, buy the individual links, planning on 5 oz. per person.

Nutrition Facts



Properties

Glycemic Index:13.46, Glycemic Load:11.64, Inflammation Score:-5, Nutrition Score:10.09173908441%

Nutrients (% of daily need)

Calories: 190.83kcal (9.54%), Fat: 2.15g (3.31%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 36.42g (12.14%), Net Carbohydrates: 29.91g (10.88%), Sugar: 13.65g (15.16%), Cholesterol: 0mg (0%), Sodium: 13.41mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.77%), Manganese: 0.86mg (42.91%), Folate: 143.69µg (35.92%), Fiber: 6.51g (26.04%), Copper: 0.31mg (15.57%), Vitamin K: 16.25µg (15.47%), Phosphorus: 142.66mg (14.27%), Iron: 2.52mg (14%), Magnesium: 40.76mg (10.19%), Zinc: 1.27mg (8.49%), Potassium: 260.64mg (7.45%), Vitamin B1: 0.1mg (6.77%), Vitamin B6: 0.12mg (6.11%), Selenium: 3.44µg (4.92%), Calcium: 47.3mg (4.73%), Vitamin B2: 0.07mg (4.19%), Vitamin C: 3.41mg (4.13%), Vitamin A: 191.49IU (3.83%), Vitamin E: 0.37mg (2.46%), Vitamin B5: 0.24mg (2.4%), Vitamin B3: 0.45mg (2.26%)