



Mixed Grilled Sausage

 **Gluten Free**

READY IN



35 min.

SERVINGS



6

CALORIES



375 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup bull's-eye original barbecue sauce
- 2 bratwursts
- 2 Tbsp butter
- 1 bell pepper green cut into strips
- 2 mild sausage links to package directions and coin italian
- 1 onion cut into thin wedges
- 2 mild sausage links to package directions and coin smoked

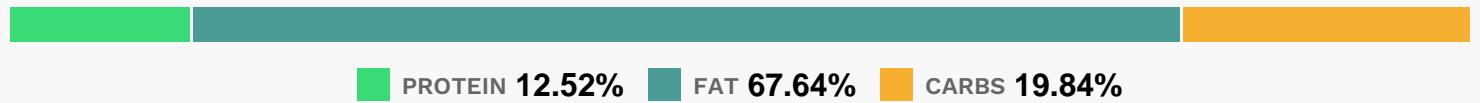
Equipment

- frying pan
- grill
- aluminum foil

Directions

- Heat grill to medium-high heat.
- Fold double layer of heavy-duty foil over bottom and up sides of inverted 9-inch square pan.
- Remove pan. Turn foil pan over; place on grill grate.
- Add butter to foil pan; grill until butter is melted.
- Add vegetables; stir until evenly coated with butter. Grill 10 min., stirring occasionally. Meanwhile, place sausages directly on grill grate. Grill 10 min., turning after 5 min.
- Add sausages and barbecue sauce to vegetables in pan; stir. Grill 5 to 10 min. or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:0.68, Inflammation Score:-4, Nutrition Score:9.9482607737831%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 375.38kcal (18.77%), Fat: 28.08g (43.2%), Saturated Fat: 10.9g (68.13%), Carbohydrates: 18.53g (6.18%), Net Carbohydrates: 17.56g (6.38%), Sugar: 13.13g (14.58%), Cholesterol: 70.45mg (23.48%), Sodium: 1045.58mg (45.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.69g (23.39%), Selenium: 21.48µg (30.68%), Vitamin B1: 0.4mg (26.56%), Vitamin C: 18.26mg (22.14%), Vitamin B3: 3.31mg (16.56%), Vitamin B6: 0.31mg (15.74%), Vitamin B12: 0.84µg (14.01%), Phosphorus: 139.88mg (13.99%), Zinc: 1.97mg (13.13%), Vitamin B2: 0.2mg (11.75%), Potassium: 358.14mg (10.23%), Manganese: 0.13mg (6.29%), Iron: 1.11mg (6.18%), Copper: 0.11mg (5.6%), Vitamin A: 273.44IU (5.47%), Vitamin B5: 0.54mg (5.4%), Magnesium: 21.05mg (5.26%), Fiber: 0.97g (3.88%), Vitamin E: 0.53mg (3.53%), Calcium: 33.55mg (3.36%), Vitamin D: 0.48µg (3.23%), Vitamin K: 3.26µg (3.11%), Folate: 10.85µg

(2.71%)