



## Mixed Grilled Sausages with Roasted Peppers and Onions



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 6 basil leaves cut into thin strips
- ☐ 8 servings pepper black freshly ground to taste
- ☐ 12 small sausages fresh sweet italian with fennel, chicken apple, or lamb)
- ☐ 8 servings garnish: lime wedges
- ☐ 2 tablespoons olive oil
- ☐ 1 bell pepper red
- ☐ 8 servings sea salt to taste

- ☐ 1 tablespoon sherry vinegar
- ☐ 2 vidalia onions sliced into 1/4-inch-thick rounds
- ☐ 1 bell pepper yellow

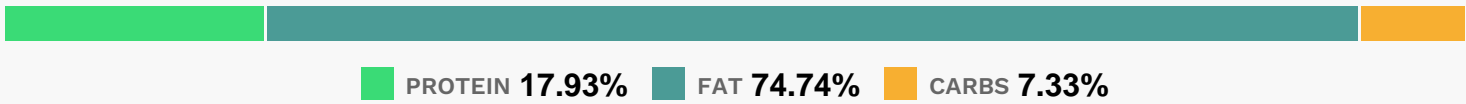
## Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags

## Directions

- ☐ Grill bell peppers, uncovered, over medium-high heat, turning often, 15 to 20 minutes or until charred on all sides.
- ☐ Place in a paper or plastic bag; seal and let stand 5 minutes to loosen skins. Peel peppers, remove and discard seeds; core and chop into large pieces, and place in a bowl. Set aside.
- ☐ Grill onion, uncovered, over medium-high heat for 4 minutes on each side; remove to a platter, and cover loosely with aluminum foil to keep warm. Grill sausages, uncovered, turning occasionally, 20 to 25 minutes or until no longer pink inside.
- ☐ Place on a platter, and cover loosely with aluminum foil to keep warm.
- ☐ Toss bell peppers with olive oil, vinegar, and basil; place on a large platter. Season with sea salt and pepper.
- ☐ Place onion and sausages on top.
- ☐ Serve warm with buns or lightly grilled flour tortillas, and garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:24.25, Glycemic Load:0.23, Inflammation Score:-7, Nutrition Score:14.120869758336%

## Flavonoids

Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg

Nutrients (% of daily need)

Calories: 453.88kcal (22.69%), Fat: 37.47g (57.65%), Saturated Fat: 11.71g (73.21%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 7.02g (2.55%), Sugar: 4.8g (5.33%), Cholesterol: 91.8mg (30.6%), Sodium: 1012.47mg (44.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.23g (40.45%), Vitamin C: 51.55mg (62.49%), Vitamin B3: 6.39mg (31.95%), Vitamin B6: 0.57mg (28.36%), Vitamin B1: 0.4mg (26.48%), Phosphorus: 202.56mg (20.26%), Zinc: 2.94mg (19.62%), Vitamin B12: 1.08µg (18.06%), Potassium: 481.63mg (13.76%), Vitamin A: 608.81IU (12.18%), Vitamin B2: 0.19mg (11.12%), Vitamin D: 1.66µg (11.05%), Vitamin B5: 1.01mg (10.13%), Iron: 1.82mg (10.1%), Folate: 31.32µg (7.83%), Copper: 0.15mg (7.62%), Magnesium: 29.37mg (7.34%), Vitamin E: 1mg (6.69%), Manganese: 0.12mg (6.05%), Fiber: 1.25g (5%), Vitamin K: 5.01µg (4.77%), Calcium: 32.27mg (3.23%)