



Plum-Glazed Sausage



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



350 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.8 cup plum preserves
- ☐ 2 pounds sausages fresh assorted

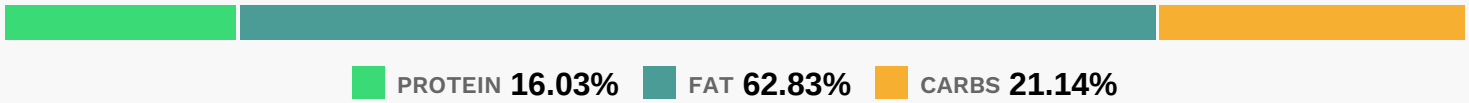
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Preheat grill to 300 to 350 (medium) heat. Cook first 4 ingredients in a small saucepan over low heat, stirring often, 5 minutes; reserve half of mixture.
- ☐ Grill sausages, covered with grill lid, 10 to 12 minutes or until done, turning occasionally and brushing with remaining half of plum mixture during last 5 minutes of grilling.
- ☐ Remove from heat; let stand 5 minutes.
- ☐ Serve with reserved plum mixture.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:9.81, Inflammation Score:-4, Nutrition Score:6.5052174135395%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg

Nutrients (% of daily need)

Calories: 350.02kcal (17.5%), Fat: 24.09g (37.07%), Saturated Fat: 7.98g (49.9%), Carbohydrates: 18.24g (6.08%), Net Carbohydrates: 17.9g (6.51%), Sugar: 12.85g (14.27%), Cholesterol: 65.32mg (21.77%), Sodium: 585.91mg (25.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.83g (27.65%), Vitamin B3: 4.28mg (21.42%), Vitamin B1: 0.25mg (16.92%), Vitamin B6: 0.28mg (14.21%), Zinc: 1.99mg (13.3%), Vitamin B12: 0.77µg (12.85%), Phosphorus: 128.43mg (12.84%), Vitamin D: 1.18µg (7.86%), Vitamin B2: 0.13mg (7.77%), Potassium: 251.3mg (7.18%), Iron: 1.23mg (6.83%), Vitamin B5: 0.62mg (6.16%), Copper: 0.09mg (4.45%), Vitamin C: 3.52mg (4.27%), Magnesium: 14.83mg (3.71%), Vitamin A: 87.32IU (1.75%), Manganese: 0.03mg (1.61%), Calcium: 15.97mg (1.6%), Fiber: 0.35g (1.4%), Vitamin E: 0.2mg (1.36%)