



Roasted Sausages and Grapes

READY IN



40 min.

SERVINGS



8

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons balsamic vinegar
- 8 servings ciabatta bread fresh
- 2 tablespoons cooking wine dry red
- 1.5 pounds sausage italian hot
- 1.5 pounds sausage sweet italian
- 2 pounds grapes green red seedless
- 3 tablespoons butter unsalted

Equipment

- oven
- roasting pan
- wooden spoon
- stove
- slotted spoon
- tongs

Directions

- Watch how to make this recipe.
- Preheat the oven to 500 degrees.
- Parboil the sausages in water to cover for 8 minutes to rid them of excess fat.
- Melt the butter in a large heatproof roasting pan, add the grapes, and toss to coat. Over moderately high heat add the wine. Stir with a wooden spoon for a few minutes until the wine has reduced by half.
- Using tongs, transfer the parboiled sausages to the roasting pan and push them down in the grapes so the sausages will not brown too quickly. Roast in the oven, turning the sausages once, until the grapes are soft and the sausages have browned, 20 to 25 minutes.
- Place the roasting pan on top of the stove over a medium-high heat and add the balsamic vinegar. Scrape up any browned bits on the bottom of the roasting pan, and allow the vinegar and juices to reduce until they are thick and syrupy. With a slotted spoon, transfer the sausages and grapes to a serving platter.
- Pour the sauce over the sausages and grapes and serve immediately, accompanied with fresh bread.
- This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.

Nutrition Facts

 PROTEIN 14.2%  FAT 67.28%  CARBS 18.52%

Properties

Glycemic Index:19, Glycemic Load:9.79, Inflammation Score:-2, Nutrition Score:17.519999939462%

Flavonoids

Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.98mg, Malvidin: 0.98mg, Malvidin: 0.98mg, Malvidin: 0.98mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 776.94kcal (38.85%), Fat: 57.93g (89.12%), Saturated Fat: 22.04g (137.75%), Carbohydrates: 35.89g (11.96%), Net Carbohydrates: 34.56g (12.57%), Sugar: 18.48g (20.53%), Cholesterol: 140.56mg (46.85%), Sodium: 1384.84mg (60.21%), Alcohol: 0.39g (100%), Alcohol %: 0.15% (100%), Protein: 27.51g (55.02%), Vitamin B1: 1.04mg (69.64%), Selenium: 42.35µg (60.5%), Vitamin B6: 0.61mg (30.4%), Vitamin B3: 5.74mg (28.72%), Phosphorus: 266.62mg (26.66%), Vitamin B12: 1.56µg (25.95%), Vitamin B2: 0.37mg (21.58%), Zinc: 3.13mg (20.89%), Potassium: 654.92mg (18.71%), Vitamin K: 16.92µg (16.12%), Copper: 0.28mg (14.12%), Iron: 2.46mg (13.66%), Manganese: 0.19mg (9.36%), Vitamin B5: 0.93mg (9.3%), Vitamin C: 7.03mg (8.52%), Magnesium: 32.58mg (8.14%), Fiber: 1.33g (5.31%), Calcium: 44.84mg (4.48%), Vitamin A: 206.04IU (4.12%), Folate: 16.03µg (4.01%), Vitamin E: 0.34mg (2.25%)