



## Sausage and Bacon Kabobs

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup bbq sauce store bought
- 4 chicken and apple sausages (recommended: Aidell's)
- 1 cranberry-orange relish cut into slices or wedges
- 0.5 onion red cut into 1-inch pieces
- 6 slices center cut bacon cut into 1-inch pieces (recommended: oscar mayer)
- 48 inch bamboo skewers soaked in water for 1 hour
- 1 bell pepper green red yellow cut into 1 1/2-inch pieces

### Equipment

- frying pan
- baking sheet
- oven
- wire rack
- grill
- aluminum foil
- broiler
- microwave
- skewers
- broiler pan

## Directions

- Set up grill for direct cooking over medium heat. Oil grate when ready to start cooking.
- Cook bacon pieces in a microwave oven for about 1 minute, or pan fry until the edges begin to curl but the bacon is still flexible.
- Drain well.
- Cut each sausage into 5 pieces.
- Thread an end piece of sausage onto skewer followed by a piece of bacon, onion, bell pepper, and another piece of bacon. Repeat using center sausage pieces and finishing with end piece (center sausage pieces will be "sandwiched" between bacon). Repeat with remaining skewers and sausages.
- Place skewers on hot oiled grill and cook 4 to 5 minutes per side (16 to 20 minutes total).
- Meanwhile, squeeze the orange juice into the BBQ sauce and stir to combine.
- Brush kabobs with BBQ sauce with each turn.
- Serve hot with orange slices or wedges.
- INDOOR: Prepare kebabs as directed. Preheat broiler.
- Place kebabs on wire rack over foil lined baking sheet or broiler pan.
- Place under broiler 4 to 6 inches from heat source and cook 3 to 5 minutes per side.
- Brush with BBQ sauce with each turn.

# Nutrition Facts

PROTEIN 15.28% FAT 55.2% CARBS 29.52%

## Properties

Glycemic Index:17.38, Glycemic Load:1.59, Inflammation Score:-6, Nutrition Score:11.45608689474%

## Flavonoids

Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

## Nutrients (% of daily need)

Calories: 547.09kcal (27.35%), Fat: 33.98g (52.28%), Saturated Fat: 9.73g (60.82%), Carbohydrates: 40.89g (13.63%), Net Carbohydrates: 38.96g (14.17%), Sugar: 28.4g (31.56%), Cholesterol: 95.65mg (31.88%), Sodium: 1966.15mg (85.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.16g (42.33%), Vitamin C: 74.65mg (90.49%), Selenium: 12.11µg (17.29%), Vitamin B3: 2.97mg (14.86%), Vitamin B6: 0.28mg (14.17%), Vitamin B1: 0.21mg (13.91%), Vitamin A: 613.65IU (12.27%), Potassium: 415.22mg (11.86%), Phosphorus: 107.77mg (10.78%), Iron: 1.6mg (8.89%), Manganese: 0.16mg (7.84%), Fiber: 1.93g (7.72%), Copper: 0.13mg (6.55%), Vitamin B2: 0.11mg (6.35%), Magnesium: 24.3mg (6.07%), Vitamin E: 0.87mg (5.77%), Zinc: 0.86mg (5.72%), Vitamin B5: 0.57mg (5.66%), Folate: 21.6µg (5.4%), Calcium: 46.74mg (4.67%), Vitamin B12: 0.27µg (4.5%), Vitamin D: 0.22µg (1.44%), Vitamin K: 1.34µg (1.28%)