



HEALTH SCORE

100%

Sausage, Sourdough, and Bell Pepper Spiedini



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 48 bell pepper assorted (4 bell peppers)
- ☐ 1.3 inch sourdough bread
- ☐ 2 tablespoons dijon mustard
- ☐ 4 teaspoons rosemary leaves fresh minced
- ☐ 2 garlic clove pressed
- ☐ 8 cups the salad mixed
- ☐ 1 cup olive oil
- ☐ 1 large onion red separated trimmed cut into 1 1/2-inch-wide wedges, , layers (32 pieces total)

☐ 6 tablespoons sherry vinegar

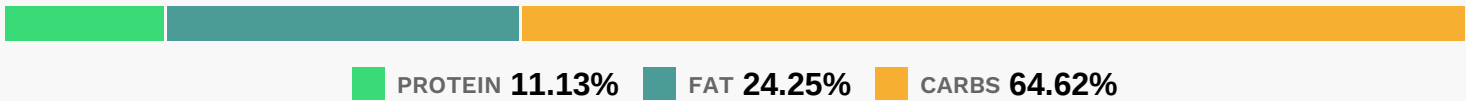
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Prepare barbecue (medium-high heat).
- ☐ Whisk first 4 ingredients in small bowl, then whisk in oil. Season dressing with salt and pepper; set aside. On each of 8 metal skewers, alternately thread 3 bell pepper pieces, 2 sausage pieces, 4 onion pieces, and 2 bread cubes.
- ☐ Brush skewers all over with 1 tablespoon dressing each. Grill until lightly charred, turning often, about 12 minutes. Toss greens in large bowl with enough remaining dressing to coat; divide among 4 plates. Top with skewers.
- ☐ Brush skewers with more dressing.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:50.38, Glycemic Load:19.01, Inflammation Score:-10, Nutrition Score:56.31695641642%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 8.78mg, Luteolin: 8.78mg, Luteolin: 8.78mg, Luteolin: 8.78mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg

Nutrients (% of daily need)

Calories: 503.93kcal (25.2%), Fat: 15.45g (23.77%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 92.64g (30.88%), Net Carbohydrates: 61.8g (22.47%), Sugar: 61.3g (68.11%), Cholesterol: 0mg (0%), Sodium: 168.6mg (7.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.95g (31.9%), Vitamin C: 1849.07mg (2241.29%), Vitamin A: 45628.42IU (912.57%), Vitamin B6: 4.28mg (213.87%), Folate: 693.36µg (173.34%), Vitamin E: 24.15mg (161.01%), Fiber: 30.84g (123.36%), Potassium: 3218.57mg (91.96%), Manganese: 1.82mg (91.21%), Vitamin B2: 1.27mg (74.79%), Vitamin K: 76.73µg (73.07%), Vitamin B3: 14.54mg (72.72%), Vitamin B1: 0.83mg (55.37%), Magnesium: 188.13mg (47.03%), Vitamin B5: 4.69mg (46.91%), Phosphorus: 423.55mg (42.35%), Iron: 7.05mg (39.15%), Zinc: 3.87mg (25.77%), Copper: 0.31mg (15.36%), Calcium: 126.31mg (12.63%), Selenium: 4.88µg (6.97%)