



Smoked Sausage and Vegetable Kabobs



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



332 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cauliflower florets fresh
- ☐ 1 small cucumber halved lengthwise cut into 1-inch pieces
- ☐ 1 medium bell pepper red cut into 1-inch pieces
- ☐ 0.5 lb andouille smoked fully cooked cut into 1-inch pieces
- ☐ 8 oz salad dressing italian

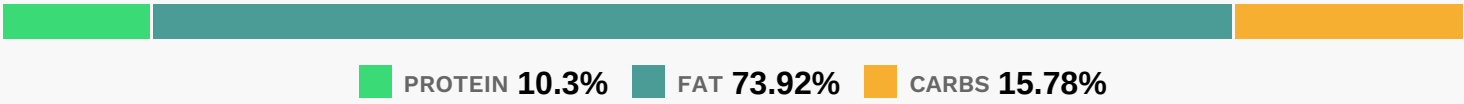
Equipment

- ☐ bowl
- ☐ skewers

Directions

- ☐ In large bowl, combine all ingredients; mix well. Cover; refrigerate at least 1 hour to marinate.
- ☐ To serve, alternately thread cauliflower, cucumber, bell pepper and sausage onto eight 8-inch skewers. Discard remaining dressing.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.94, Inflammation Score:-7, Nutrition Score:14.091739260632%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 331.72kcal (16.59%), Fat: 27.32g (42.02%), Saturated Fat: 6.98g (43.63%), Carbohydrates: 13.12g (4.37%), Net Carbohydrates: 11.21g (4.08%), Sugar: 8.87g (9.86%), Cholesterol: 40.26mg (13.42%), Sodium: 1060.81mg (46.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.13%), Vitamin C: 63.67mg (77.18%), Vitamin K: 43.8µg (41.72%), Vitamin A: 980.32IU (19.61%), Vitamin B6: 0.33mg (16.57%), Vitamin B12: 0.86µg (14.27%), Vitamin B1: 0.21mg (14.14%), Selenium: 8.93µg (12.76%), Folate: 49.98µg (12.5%), Vitamin B3: 2.46mg (12.32%), Potassium: 420.78mg (12.02%), Vitamin E: 1.76mg (11.76%), Phosphorus: 107.2mg (10.72%), Zinc: 1.51mg (10.08%), Vitamin B2: 0.16mg (9.5%), Manganese: 0.18mg (8.91%), Vitamin B5: 0.77mg (7.72%), Fiber: 1.9g (7.61%), Magnesium: 25.45mg (6.36%), Iron: 1.14mg (6.33%), Copper: 0.1mg (4.87%), Vitamin D: 0.62µg (4.16%), Calcium: 29.95mg (3%)