



Spiedini Hoagies with Caprese Relish

READY IN



55 min.

SERVINGS



6

CALORIES



1024 kcal

Ingredients

- ☐ 1 pint baby mozzarella balls
- ☐ 6 servings canola oil
- ☐ 1 tablespoon capers drained
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic halved
- ☐ 12 ounces sausage italian hot
- ☐ 12 ounces sausage sweet italian
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil extra-virgin plus more for the bread

- ☐ 1 small onion red halved thinly sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 6 servings hoagie rolls french soft
- ☐ 1 pint cherry tomatoes red yellow quartered

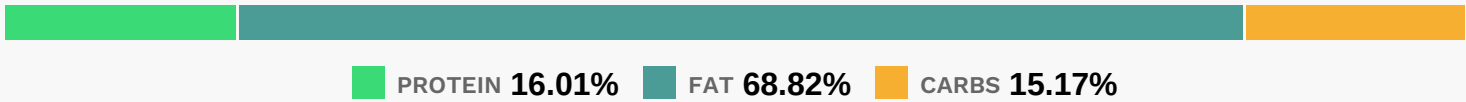
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Heat the grill for high direct grilling. Skewer a few sausages onto each skewer, brush with canola oil and sprinkle with salt and pepper. Grill the sausages until golden brown and slightly charred on both sides, about 5 minutes per side.
- ☐ Remove the sausages to a platter and let rest 5 minutes before removing to a plate.
- ☐ Toss the tomatoes with the bocconcini, basil, parsley, capers, onions, olive oil and red wine vinegar. Season with salt and pepper and toss to combine.
- ☐ Slice the bread open and put on the grill, cut-side down, and grill until lightly golden brown.
- ☐ Remove and rub the surface with the garlic cloves, drizzle with olive oil and season with salt and pepper.
- ☐ Put a whole sausage on each roll and top with the caprese relish. Alternatively, cut the sausage into 2-inch chunks before putting on the rolls.

Nutrition Facts



Properties

Glycemic Index:57.63, Glycemic Load:22.3, Inflammation Score:-8, Nutrition Score:30.733477986377%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin:

0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg

Nutrients (% of daily need)

Calories: 1024.2kcal (51.21%), Fat: 78.04g (120.07%), Saturated Fat: 25.8g (161.25%), Carbohydrates: 38.72g (12.91%), Net Carbohydrates: 36.36g (13.22%), Sugar: 6.59g (7.32%), Cholesterol: 148.48mg (49.49%), Sodium: 1767.21mg (76.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.85g (81.7%), Selenium: 53.19µg (75.99%), Vitamin B1: 1.08mg (72.06%), Phosphorus: 532.35mg (53.23%), Calcium: 505.84mg (50.58%), Vitamin B12: 2.83µg (47.17%), Vitamin K: 47.94µg (45.66%), Vitamin B2: 0.65mg (38.04%), Vitamin B3: 7.16mg (35.79%), Zinc: 5.02mg (33.48%), Vitamin E: 4.56mg (30.39%), Vitamin C: 23.98mg (29.06%), Manganese: 0.54mg (27.08%), Vitamin B6: 0.54mg (26.8%), Iron: 4.73mg (26.26%), Folate: 99.87µg (24.97%), Vitamin A: 1086.66IU (21.73%), Potassium: 645.06mg (18.43%), Magnesium: 59.79mg (14.95%), Copper: 0.26mg (12.96%), Vitamin B5: 1.07mg (10.71%), Fiber: 2.36g (9.43%), Vitamin D: 0.32µg (2.1%)