



Turkey Kielbasa Kebabs with Peppers and Fennel

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large fennel bulbs trimmed cut into 1-inch pieces
- 2 tablespoons thyme leaves fresh chopped
- 1 clove garlic minced
- 2 tablespoons juice of lemon
- 0.3 cup olive oil
- 2 bell peppers red stemmed seeded cut into 1-inch pieces
- 8 servings salt and pepper

- 2 pounds turkey kielbasa cut into 2-inch pieces
- 2 bell peppers yellow stemmed seeded cut into 1-inch pieces

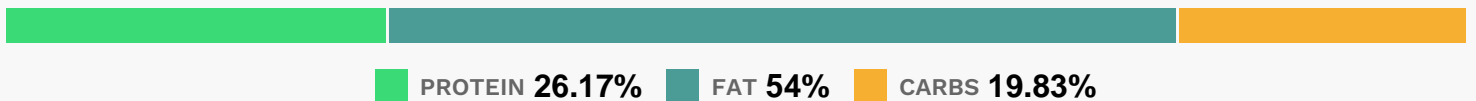
Equipment

- bowl
- grill
- metal skewers

Directions

- Combine oil, garlic, thyme, lemon juice, 1/2 tsp. salt and 1/4 tsp. pepper in a large bowl.
- Add kielbasa, bell peppers and fennel and toss to coat.
- Preheat gas grill on high heat for 10 to 15 minutes with lid closed. Make kebabs: Leaving some space between each item and alternating, thread kielbasa, bell peppers and fennel onto 8 long or 16 short metal skewers.
- Oil grill.
- Place kebabs on grill, reduce heat to medium-high and close lid. Grill for 5 minutes, then turn kebabs, close lid again and grill until vegetables are slightly charred and softened, about 5 minutes longer.
- Transfer to a platter to serve.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:1.6, Inflammation Score:-10, Nutrition Score:21.897391267445%

Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 275.89kcal (13.79%), Fat: 16.98g (26.13%), Saturated Fat: 5.3g (33.1%), Carbohydrates: 14.03g (4.68%), Net Carbohydrates: 10.04g (3.65%), Sugar: 7.28g (8.08%), Cholesterol: 60.1mg (20.03%), Sodium: 1582.63mg (68.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.52g (37.04%), Vitamin C: 138.53mg (167.92%), Iron: 11.93mg (66.29%), Vitamin K: 43.17µg (41.12%), Selenium: 25.76µg (36.8%), Vitamin B6: 0.61mg (30.43%), Vitamin A: 1316.06IU (26.32%), Vitamin B3: 5.14mg (25.68%), Phosphorus: 256.64mg (25.66%), Zinc: 2.7mg (17.97%), Potassium: 607.56mg (17.36%), Fiber: 3.99g (15.96%), Vitamin B2: 0.26mg (15.11%), Vitamin E: 1.89mg (12.6%), Magnesium: 48.56mg (12.14%), Folate: 47.84µg (11.96%), Manganese: 0.22mg (10.86%), Copper: 0.21mg (10.65%), Vitamin B12: 0.49µg (8.13%), Vitamin B1: 0.11mg (7.55%), Calcium: 66.01mg (6.6%), Vitamin B5: 0.29mg (2.94%), Vitamin D: 0.23µg (1.51%)