



Healthdor

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Smoked Sausage Platter ♦

A delicious platter featuring smoked sausages and a variety of accompaniments. Perfect for gatherings and parties.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

300 g	smoked sausages
150 g	cheese cubes
100 g	Grapes
100 g	crackers
50 g	Olives

Directions

Step 1

Cut

Slice the smoked sausages into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Plating

Arrange the smoked sausages, cheese cubes, grapes, crackers, and olives on a platter.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	10 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	150 mg	15%	15%
Iron	3 mg	37.5%	16.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Picnic

Course

Salads Snacks

Demographics

Senior Friendly

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Nutritional Content

Low Calorie

Healthy For

Hepatitis Colorectal cancer Gastroparesis Celiac disease Gastritis
 Gastroesophageal reflux disease (GERD) Liver disease
 Inflammatory bowel disease (IBD) Peptic ulcer disease Appendicitis

Diverticulitis

Hemorrhoids

Gallstones

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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