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Grilled Sliced Sausage in BBQ Sauce · •

Grilled Sliced Sausage in BBQ Sauce is a delicious and flavorful dish that is perfect for a barbecue or cookout. The sausages are grilled until they are slightly charred and then smothered in a tangy and sweet BBQ sauce. This dish is great served with a side of coleslaw and cornbread.

Recipe Type: Standard Prep Time: 10 mins

Cook Time: 20 mins Total Time: 30 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Sausage
1 c	bbq sauce

Directions

Step 1

Preheating

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the sausages into 1/2 inch thick slices.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Grilling

Grill the sausage slices for 10-12 minutes, turning occasionally, until they are slightly charred and cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Grilling

Brush the BBQ sauce onto the grilled sausage slices and continue grilling for an additional 2-3 minutes, until the sauce is heated through.

Prep Time: 0 mins

Cook Time: 3 mins

Step 5

Serving

Remove the sausage slices from the grill and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 340 kcal

Fat: 24 g

Protein: 20 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	0 g	0%	0%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	12 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	24 g	85.71%	96%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

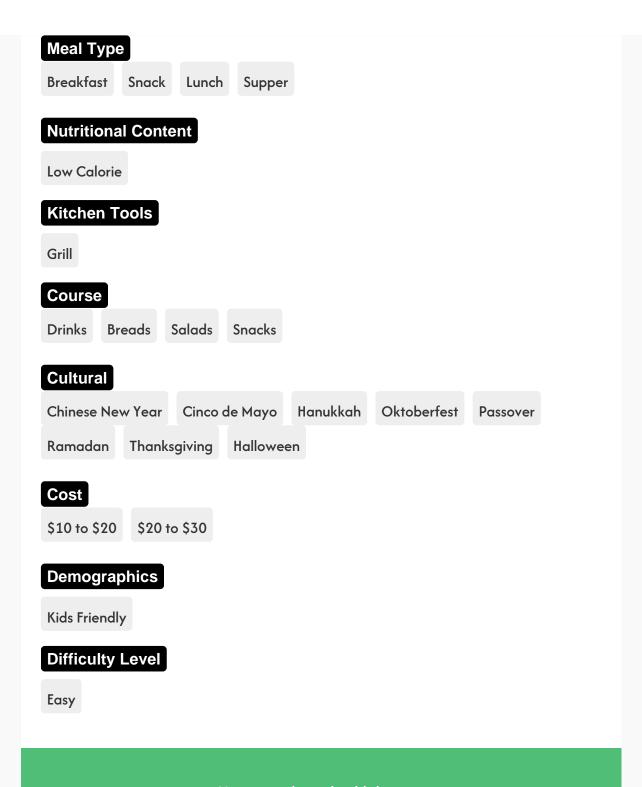
Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Barbecue



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