



Healthdor

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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

Meal Type

Breakfast Snack Lunch Supper

Nutritional Content

Low Calorie

Kitchen Tools

Grill

Course

Drinks Breads Salads Snacks

Cultural

Chinese New Year Cinco de Mayo Hanukkah Oktoberfest Passover
Ramadan Thanksgiving Halloween

Cost

\$10 to \$20 \$20 to \$30

Demographics

Kids Friendly

Difficulty Level

Easy

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