



Argentine-Style Sausage Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons flat-leaf parsley chopped
- ☐ 1 tablespoon garlic minced
- ☐ 4 servings sandwiches
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons oregano leaves fresh minced
- ☐ 0.1 teaspoon paprika smoked sweet spanish
- ☐ 4 pork sausages fresh hot italian-style (not)
- ☐ 4 ounces provolone cheese sliced

- ☐ 1.5 teaspoons chile flakes red
- ☐ 0.3 cup red wine vinegar
- ☐ 4 servings salt
- ☐ 4 sandwich rolls such as mexican bolillos
- ☐ 4 servings chimichurri
- ☐ 4 servings chimichurri

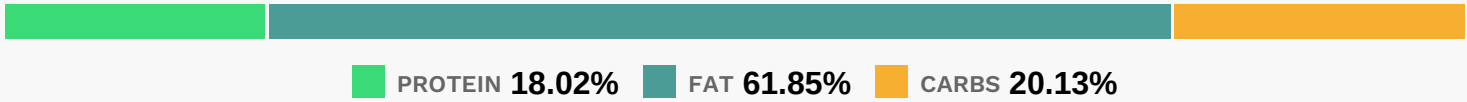
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Mix 2 tbsp. boiling water, the garlic, and chile; let steep 3 minutes. Stir in remaining chimichurri ingredients; season with salt.
- ☐ Halve rolls and toast, cut side up, in a 350 oven until crisp, about 10 minutes.
- ☐ Heat oil in a large heavy frying pan over medium heat and add sausages. Cook, covered, turning often, until cooked through, 15 to 20 minutes. Top each with cheese, remove from heat, and cover until cheese melts.
- ☐ Sprinkle with paprika.
- ☐ Spoon 2 to 3 tbsp. chimichurri onto roll halves and make a sandwich with sausages.
- ☐ Serve with remaining chimichurri.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:0.67, Inflammation Score:-10, Nutrition Score:25.124347769696%

Flavonoids

Apigenin: 12.95mg, Apigenin: 12.95mg, Apigenin: 12.95mg, Apigenin: 12.95mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol:

0.09mg Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 685.88kcal (34.29%), Fat: 46.74g (71.91%), Saturated Fat: 16.11g (100.67%), Carbohydrates: 34.23g (11.41%), Net Carbohydrates: 31.33g (11.39%), Sugar: 1.59g (1.77%), Cholesterol: 101.13mg (33.71%), Sodium: 1447.93mg (62.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.64g (61.28%), Vitamin K: 120.09µg (114.37%), Vitamin B3: 8.08mg (40.39%), Vitamin B1: 0.6mg (40.28%), Selenium: 26.96µg (38.51%), Phosphorus: 364.04mg (36.4%), Calcium: 334.97mg (33.5%), Zinc: 4.1mg (27.32%), Iron: 4.85mg (26.93%), Vitamin B2: 0.45mg (26.44%), Vitamin B6: 0.46mg (22.99%), Manganese: 0.46mg (22.98%), Vitamin B12: 1.37µg (22.91%), Vitamin A: 1138.03IU (22.76%), Folate: 73.46µg (18.37%), Vitamin E: 2.25mg (14.99%), Potassium: 476.81mg (13.62%), Magnesium: 51.51mg (12.88%), Vitamin B5: 1.19mg (11.94%), Fiber: 2.9g (11.59%), Vitamin C: 9.53mg (11.56%), Copper: 0.22mg (10.76%), Vitamin D: 1.61µg (10.74%)