



Cheddar Sausage and Pepper Sandwiches

READY IN



35 min.

SERVINGS



4

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce campbell's® condensed cheddar cheese soup canned
- 1 medium bell pepper green cut into 2-inch-long strips
- 1 pound mild sausage links to package directions and coin sweet italian hot
- 0.3 cup milk
- 1 tablespoon mustard dijon-style
- 1 large onion sliced cut in half and
- 4 classic sandwich buns with sesame seeds pepperidge farm®

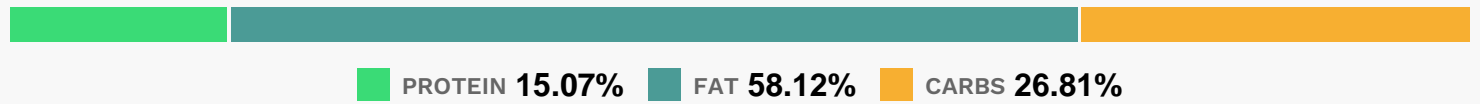
Equipment

frying pan

Directions

- Cook the sausage in a 10-inch skillet over medium-high heat until well browned.
- Pour off any fat.
- Add the pepper and onion to the skillet and cook until the vegetables are tender-crisp, stirring occasionally. Stir in the soup, mustard and milk and heat to a boil. Reduce the heat to low. Cook for 10 minutes or until the sausage is cooked through, stirring occasionally.
- Place 1 sausage link into each roll. Divide the pepper mixture among the rolls.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:1.35, Inflammation Score:-7, Nutrition Score:20.526521553164%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

Nutrients (% of daily need)

Calories: 653.47kcal (32.67%), Fat: 41.75g (64.23%), Saturated Fat: 14.68g (91.75%), Carbohydrates: 43.33g (14.44%), Net Carbohydrates: 40.1g (14.58%), Sugar: 5.33g (5.92%), Cholesterol: 91.06mg (30.35%), Sodium: 1587.69mg (69.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.36g (48.71%), Selenium: 52.16µg (74.52%), Vitamin B1: 0.97mg (64.43%), Vitamin C: 28.98mg (35.12%), Vitamin B3: 6.33mg (31.63%), Phosphorus: 254.3mg (25.43%), Vitamin B2: 0.42mg (24.94%), Vitamin B6: 0.48mg (24.18%), Potassium: 828.15mg (23.66%), Manganese: 0.43mg (21.44%), Iron: 3.45mg (19.15%), Vitamin B12: 1.11µg (18.57%), Folate: 73.58µg (18.4%), Zinc: 2.75mg (18.36%), Calcium: 131.66mg (13.17%), Fiber: 3.22g (12.9%), Copper: 0.22mg (11.04%), Magnesium: 41.62mg (10.41%), Vitamin B5: 0.96mg (9.56%), Vitamin A: 445.24IU (8.9%), Vitamin K: 2.8µg (2.66%), Vitamin E: 0.38mg (2.52%), Vitamin D: 0.17µg (1.12%)