



 **55%**
HEALTH SCORE

Chicken and Sausage Sandwiches with Sautéed Bell Peppers and German Potato Salad

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



1025 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup andouille sausage diced
- 3 tablespoons apple cider vinegar
- 2 tablespoons balsamic vinegar
- 4 reserved chicken breast halves cooked sliced into thin strips
- 0.5 cup green onions chopped
- 4 servings salt and ground pepper black

- 1 tablespoon olive oil
- 4 teaspoons olive oil
- 4 bell peppers red seeded sliced
- 4 long rolls (submarine or hoagie rolls)
- 4 slices at least of turkey bacon crisp cooked
- 1 large onion yellow thinly sliced
- 6 yukon gold potatoes small to medium cut into 2-inch pieces

Equipment

- bowl
- frying pan
- sauce pan
- tongs

Directions

- Heat the olive oil in a large skillet over medium-high heat.
- Add bell peppers and saute 5 minutes, until tender.
- Remove half of the peppers from skillet and set aside.
- Add onion and saute 3 minutes, until soft.
- Add sliced chicken and sausage and balsamic vinegar. Cook 2 minutes to heat through. Season, to taste, with salt and black pepper.
- Using tongs, arrange mixture on rolls. Refrigerate remaining bell peppers for another recipe.
- For the potato salad: To make the potato salad, place potatoes in a large saucepan and pour over enough water to cover. Set pan over high heat and bring to a boil. Boil 8 minutes, until fork tender.
- Drain and while still warm, transfer to a large bowl and add onions, cooked bacon, vinegar, and oil. Season, to taste, with salt and black pepper.

Nutrition Facts



■ PROTEIN 31.78% ■ FAT 32.27% ■ CARBS 35.95%

Properties

Glycemic Index:92.44, Glycemic Load:58.77, Inflammation Score:-10, Nutrition Score:47.837391231371%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.01mg, Quercetin: 11.01mg, Quercetin: 11.01mg, Quercetin: 11.01mg

Nutrients (% of daily need)

Calories: 1024.99kcal (51.25%), Fat: 36.49g (56.13%), Saturated Fat: 9.31g (58.21%), Carbohydrates: 91.47g (30.49%), Net Carbohydrates: 81.31g (29.57%), Sugar: 15.09g (16.76%), Cholesterol: 210.79mg (70.26%), Sodium: 1247.29mg (54.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 80.86g (161.71%), Vitamin C: 207.68mg (251.73%), Vitamin B3: 31.66mg (158.31%), Vitamin B6: 2.34mg (117.18%), Selenium: 64.49µg (92.13%), Iron: 16.34mg (90.78%), Vitamin A: 3917.28IU (78.35%), Phosphorus: 739.06mg (73.91%), Potassium: 2130.37mg (60.87%), Vitamin K: 42.89µg (40.85%), Fiber: 10.16g (40.65%), Vitamin B1: 0.57mg (38.18%), Magnesium: 144.28mg (36.07%), Manganese: 0.68mg (33.76%), Vitamin B5: 3.28mg (32.77%), Zinc: 4.75mg (31.7%), Vitamin B2: 0.54mg (31.58%), Folate: 119.41µg (29.85%), Vitamin E: 4.2mg (28.03%), Copper: 0.47mg (23.61%), Vitamin B12: 1.21µg (20.25%), Calcium: 98.79mg (9.88%), Vitamin D: 1.06µg (7.04%)