



## Egg with Sausage-Stuffed Peppers

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 pound diestel breakfast sausage crumbled
- 4 eggs
- 2 tablespoons parsley fresh chopped
- 4 servings pepper black freshly ground
- 1 cup onion finely chopped
- 2 bell pepper red cut in half lengthwise, seeds and inner membranes removed

### Equipment

- frying pan

- baking sheet
- oven
- aluminum foil
- glass baking pan

## Directions

- Adjust oven rack to middle position and preheat to 400[°].
- Heat a large skillet over medium high heat and add sausage and onion, cook until onions are soft and sausage is fully cooked.
- Place halved peppers cut-side up on a foil-lined rimmed baking sheet or in a glass baking dish. Filleach pepper with sausage mixture.
- Bake for 10 minutes, remove from the oven, and carefully break an egg into each pepper. Season with salt and pepper. Return to the oven and cook until whites are set, about 10 minutes.
- Serve hot from the oven garnished with parsley.

## Nutrition Facts



## Properties

Glycemic Index:37.75, Glycemic Load:1.61, Inflammation Score:-9, Nutrition Score:18.467391200688%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg

## Nutrients (% of daily need)

Calories: 267.73kcal (13.39%), Fat: 19.46g (29.94%), Saturated Fat: 6.42g (40.13%), Carbohydrates: 7.83g (2.61%), Net Carbohydrates: 5.81g (2.11%), Sugar: 4.38g (4.86%), Cholesterol: 204.5mg (68.17%), Sodium: 428.21mg (18.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.2g (30.4%), Vitamin C: 82.18mg (99.61%), Vitamin A: 2312.9IU (46.26%), Vitamin K: 36.4µg (34.66%), Vitamin B6: 0.47mg (23.58%), Selenium: 13.77µg (19.68%), Vitamin B2:

0.33mg (19.63%), Phosphorus: 192.05mg (19.21%), Vitamin B3: 3.36mg (16.78%), Vitamin B1: 0.23mg (15.06%), Folate: 59.27µg (14.82%), Vitamin B12: 0.87µg (14.56%), Zinc: 2.04mg (13.58%), Vitamin B5: 1.3mg (13.02%), Potassium: 397.69mg (11.36%), Vitamin D: 1.62µg (10.78%), Iron: 1.87mg (10.41%), Vitamin E: 1.53mg (10.23%), Fiber: 2.02g (8.08%), Manganese: 0.15mg (7.47%), Magnesium: 25.53mg (6.38%), Copper: 0.1mg (4.96%), Calcium: 46.31mg (4.63%)