



Grilled Sausage, Onion, and Pepper Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons balsamic vinegar
- 0.3 teaspoon pepper black
- 8 ounce bread baguette french halved lengthwise
- 7 ounce roasted bell peppers red drained thinly sliced
- 16 ounce turkey sausage links italian halved lengthwise
- 4 cups oso sweet thinly sliced

Equipment

frying pan

grill pan

Directions

Heat a large grill pan over medium-high heat. Coat pan with cooking spray.

Add onion and sausage; cook 1 minute.

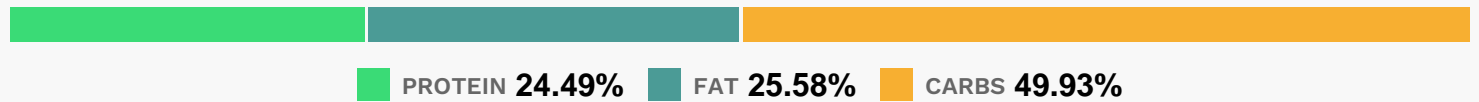
Sprinkle with vinegar; cook 14 minutes or until sausage is done, turning occasionally.

Add bell peppers; cook 1 minute.

Sprinkle with black pepper. Arrange sausage mixture evenly over bottom half of bread; top with top half.

Cut into 5 sandwiches.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:18.98, Inflammation Score:-8, Nutrition Score:20.412608659786%

Flavonoids

Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg,

Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 1.46mg, Myricetin:

1.46mg, Myricetin: 1.46mg, Myricetin: 1.46mg Quercetin: 18.59mg, Quercetin: 18.59mg, Quercetin: 18.59mg,

Quercetin: 18.59mg

Nutrients (% of daily need)

Calories: 323.52kcal (16.18%), Fat: 9.26g (14.25%), Saturated Fat: 3.34g (20.9%), Carbohydrates: 40.67g (13.56%),

Net Carbohydrates: 37.2g (13.53%), Sugar: 12.86g (14.29%), Cholesterol: 48.08mg (16.03%), Sodium: 1670.74mg

(72.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.95g (39.9%), Vitamin C: 52.18mg (63.25%), Iron:

11.21mg (62.29%), Selenium: 33.88µg (48.39%), Vitamin B6: 0.63mg (31.58%), Vitamin B1: 0.45mg (29.93%), Vitamin

B3: 5.91mg (29.55%), Phosphorus: 259.94mg (25.99%), Folate: 98.86µg (24.71%), Manganese: 0.48mg (24.18%),

Vitamin B2: 0.39mg (22.84%), Zinc: 2.65mg (17.67%), Copper: 0.3mg (14.84%), Fiber: 3.47g (13.87%), Magnesium:

54.4mg (13.6%), Potassium: 454.13mg (12.98%), Vitamin B5: 1.02mg (10.16%), Calcium: 87.55mg (8.75%), Vitamin A:

338.85IU (6.78%), Vitamin B12: 0.39µg (6.5%)