



Italian Sausage and Peppers Skillet



Gluten Free



Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper strips green 1 medium
- ☐ 1 cup bell pepper strips red 1 medium
- ☐ 4 garlic cloves minced
- ☐ 1 pound turkey sausage links italian cut in half crosswise 4
- ☐ 0.8 cup tomato-basil pasta sauce such as Classico

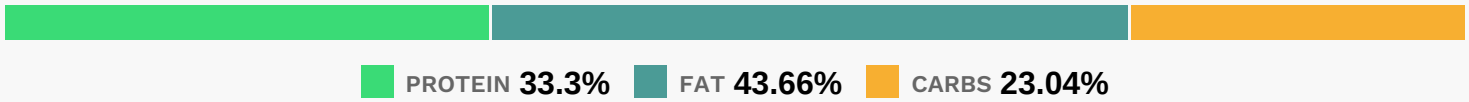
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add sausage; cook 5 minutes, turning occasionally.
- ☐ Add pepper strips and garlic; cook 5 minutes, stirring often. Stir in pasta sauce; cover, reduce heat, and simmer 8 to 10 minutes or until sausage is done. Uncover and simmer 3 minutes or until sauce thickens and peppers are tender.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.86, Inflammation Score:-9, Nutrition Score:19.3899999970146%

Flavonoids

Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 217.65kcal (10.88%), Fat: 10.67g (16.42%), Saturated Fat: 3.99g (24.96%), Carbohydrates: 12.68g (4.23%), Net Carbohydrates: 9.43g (3.43%), Sugar: 7.8g (8.67%), Cholesterol: 60.1mg (20.03%), Sodium: 1143.58mg (49.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.32g (36.64%), Vitamin C: 114.16mg (138.38%), Iron: 11.36mg (63.11%), Selenium: 25.64µg (36.63%), Vitamin B6: 0.66mg (33.05%), Vitamin A: 1608.31IU (32.17%), Vitamin B3: 4.73mg (23.66%), Phosphorus: 231.51mg (23.15%), Zinc: 2.59mg (17.28%), Vitamin B2: 0.24mg (14.21%), Fiber: 3.25g (13%), Potassium: 454.21mg (12.98%), Vitamin B5: 1.08mg (10.77%), Manganese: 0.21mg (10.61%), Magnesium: 37.29mg (9.32%), Vitamin B1: 0.13mg (8.52%), Copper: 0.17mg (8.29%), Vitamin B12: 0.49µg (8.13%), Folate: 30.02µg (7.51%), Vitamin E: 0.73mg (4.86%), Vitamin K: 4.63µg (4.41%), Calcium: 43.08mg (4.31%)