



Italian Sausage Grinder

READY IN



50 min.

SERVINGS



4

CALORIES



1366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup garlic basil spread divided for recipe link (see footnote)
- 8 mild sausage links to package directions and coin italian
- 1 jalapeno sliced
- 16 ounce tomatoes for dipping
- 8 ounce mascarpone cheese divided
- 2 tablespoons olive oil
- 1 onion sliced
- 0.5 cup parmesan cheese grated
- 1 goat horn pepper green hot sliced

- 1 bell pepper red sliced
- 4 hoagie buns split italian-style

Equipment

- bowl
- frying pan
- sauce pan
- pot

Directions

- Bring a large pot of water to a boil; add sausages and cook until no longer pink inside, 10 to 12 minutes.
- Drain and set aside.
- Place marinara sauce in a small saucepan over medium-low heat; cook until warmed through, about 5 minutes. Reduce heat to low and keep warm until sandwiches are ready.
- Heat olive oil in a large skillet over medium-high heat; cook and stir onion, red bell pepper, jalapeno pepper, and goat horn pepper in the hot oil until onion softens and begins to turn golden, 7 to 8 minutes.
- Remove onion mixture to a plate and set aside.
- Place sausages in the hot skillet and cook, turning frequently, until warmed through and browned all over, about 10 minutes.
- Spread each hoagie bun with 1/4 cup mascarpone cheese and 1 tablespoon garlic basil spread.
- Place two sausages on top and spoon over the onion mixture.
- Sprinkle with 2 tablespoons Parmesan cheese.
- Transfer the marinara sauce to small bowls for dipping.

Nutrition Facts

 PROTEIN 13.86%  FAT 72.16%  CARBS 13.98%

Properties

Glycemic Index:84.75, Glycemic Load:26.34, Inflammation Score:-9, Nutrition Score:34.915652271198%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 1365.87kcal (68.29%), Fat: 108.88g (167.51%), Saturated Fat: 44.11g (275.67%), Carbohydrates: 47.47g (15.82%), Net Carbohydrates: 43.43g (15.79%), Sugar: 10.94g (12.16%), Cholesterol: 237.81mg (79.27%), Sodium: 2720.05mg (118.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.05g (94.1%), Vitamin B1: 1.33mg (88.92%), Selenium: 60.81µg (86.86%), Iron: 14.74mg (81.91%), Vitamin C: 56.95mg (69.03%), Vitamin A: 2443.17IU (48.86%), Vitamin B6: 0.93mg (46.53%), Phosphorus: 445.8mg (44.58%), Vitamin B3: 8.8mg (43.99%), Vitamin B12: 2.21µg (36.79%), Zinc: 4.94mg (32.94%), Vitamin B2: 0.53mg (31.17%), Potassium: 1045.93mg (29.88%), Calcium: 265.12mg (26.51%), Vitamin E: 3.32mg (22.13%), Manganese: 0.38mg (19.16%), Copper: 0.34mg (17.06%), Vitamin B5: 1.68mg (16.79%), Fiber: 4.04g (16.17%), Vitamin K: 16.45µg (15.67%), Magnesium: 60.98mg (15.24%), Folate: 49.79µg (12.45%)