



Italian Sausage Hoagies

READY IN



45 min.

SERVINGS



4

CALORIES



424 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon garlic fresh minced
- ☐ 9 ounces ground sausage sweet italian 1-inch-thick cut into pieces
- ☐ 1 cup tomatoes (such as Amy's)
- ☐ 0.5 cup onion
- ☐ 0.5 cup part-skim mozzarella cheese shredded
- ☐ 1 small bell pepper red thinly sliced
- ☐ 8 ounce portugese rolls halved lengthwise

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Hollow out top halves of rolls. Arrange rolls, cut sides up, on a baking sheet. Broil 1 1/2 minutes or until toasted. Set aside.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add sausage to pan; cook 2 minutes or until lightly browned, stirring occasionally.
- ☐ Add onion and garlic; cook 1 minute.
- ☐ Add marinara, bell pepper, and black pepper; bring to a boil. Reduce heat, and simmer 6 minutes or until bell pepper is crisp-tender.
- ☐ Arrange about 3/4 cup sausage mixture over bottom half of each roll; sprinkle each serving with about 2 tablespoons cheese.
- ☐ Place on a baking sheet; broil 2 minutes or until cheese melts. Top with top halves of rolls.

Nutrition Facts



Properties

Glycemic Index:66.75, Glycemic Load:20.23, Inflammation Score:-7, Nutrition Score:14.483478236458%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 423.55kcal (21.18%), Fat: 24.24g (37.29%), Saturated Fat: 8.65g (54.07%), Carbohydrates: 33.33g (11.11%), Net Carbohydrates: 30.79g (11.2%), Sugar: 7.43g (8.26%), Cholesterol: 57.44mg (19.15%), Sodium: 1078.56mg (46.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.99g (35.99%), Iron: 10.02mg (55.68%), Vitamin C: 30.96mg (37.52%), Vitamin B1: 0.4mg (26.69%), Selenium: 18.43µg (26.33%), Phosphorus: 183.89mg (18.39%),

Vitamin A: 912.94IU (18.26%), Vitamin B6: 0.35mg (17.43%), Vitamin B3: 2.91mg (14.53%), Calcium: 142.45mg (14.24%), Vitamin B2: 0.21mg (12.45%), Potassium: 427.96mg (12.23%), Zinc: 1.75mg (11.69%), Vitamin B12: 0.7µg (11.59%), Fiber: 2.55g (10.18%), Manganese: 0.18mg (8.95%), Vitamin E: 1.2mg (8%), Copper: 0.14mg (6.99%), Magnesium: 25.96mg (6.49%), Vitamin B5: 0.62mg (6.15%), Folate: 24.23µg (6.06%), Vitamin K: 3.14µg (2.99%)