



Italian Sausage, Peppers, and Onions



Gluten Free



Popular

READY IN



40 min.

SERVINGS



6

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 teaspoon basil dried
- ☐ 4 cloves garlic minced
- ☐ 1 bell pepper green sliced
- ☐ 24 ounce sausage sweet italian
- ☐ 1 teaspoon oregano dried
- ☐ 1 large bell pepper red sliced
- ☐ 0.5 onion red sliced

- ☐ 0.3 cup white wine
- ☐ 1 onion yellow sliced

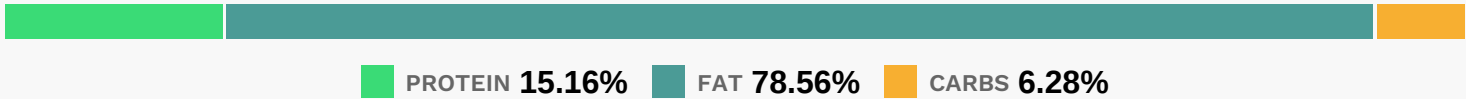
Equipment

- ☐ frying pan

Directions

- ☐ Place the sausage in a large skillet over medium heat, and brown on all sides.
- ☐ Remove from skillet, and slice.
- ☐ Melt butter in the skillet. Stir in the yellow onion, red onion, and garlic, and cook 2 to 3 minutes.
- ☐ Mix in red bell pepper and green bell pepper. Season with basil, and oregano. Stir in white wine. Continue to cook and stir until peppers and onions are tender.
- ☐ Return sausage slices to skillet with the vegetables. Reduce heat to low, cover, and simmer 15 minutes, or until sausage is heated through.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:1.41, Inflammation Score:-8, Nutrition Score:16.293478323066%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 460.34kcal (23.02%), Fat: 39.49g (60.75%), Saturated Fat: 15.23g (95.18%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 5.48g (1.99%), Sugar: 2.93g (3.25%), Cholesterol: 96.22mg (32.07%), Sodium: 862.78mg (37.51%), Alcohol: 1.03g (100%), Alcohol %: 0.64% (100%), Protein: 17.15g (34.29%), Vitamin C: 55.87mg (67.72%), Vitamin B1: 0.69mg (45.88%), Selenium: 28.65µg (40.93%), Vitamin B6: 0.53mg (26.64%), Vitamin A: 1053.45IU (21.07%), Vitamin B3: 4.13mg (20.65%), Phosphorus: 187mg (18.7%), Vitamin B12: 1.04µg (17.33%), Zinc: 2.23mg (14.87%), Vitamin B2: 0.24mg (13.87%), Potassium: 444.25mg (12.69%), Manganese: 0.23mg (11.71%), Iron: 1.92mg (10.64%), Vitamin K: 8.25µg (7.85%), Folate: 30.46µg (7.62%), Vitamin B5: 0.74mg (7.44%), Magnesium: 27.57mg (6.89%), Copper: 0.13mg (6.56%), Fiber: 1.63g (6.5%), Vitamin E: 0.7mg (4.66%), Calcium: 45.33mg (4.53%)