



Italian Sausage with Peppers and Onions

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bread french 1-inch-thick toasted ()
- ☐ 1 tablespoon garlic minced
- ☐ 1 cup bell pepper green sliced
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 0.8 pound turkey sausage smoked italian cut into 3/4-inch-thick slices
- ☐ 2 cups onion sliced
- ☐ 1 cup no-salt-added spaghetti sauce fat-free
- ☐ 8 ounce no-salt-added tomato sauce canned

- ☐ 0.5 cup water
- ☐ 1 cup bell pepper sweet yellow sliced

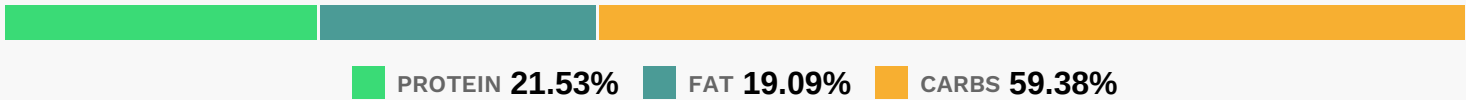
Equipment

- ☐ frying pan

Directions

- ☐ Coat a large nonstick skillet with cooking spray; place over medium heat until hot.
- ☐ Add sausage, onion, green pepper, and yellow pepper; cook 10 minutes, stirring occasionally.
- ☐ Add spaghetti sauce and next 4 ingredients; bring to a boil. Reduce heat; simmer, uncovered, 10 minutes. Spoon turkey mixture evenly over bread slices.
- ☐ Sprinkle with hot sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:40.42, Glycemic Load:28.26, Inflammation Score:-8, Nutrition Score:23.179130512735%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 11.66mg, Quercetin: 11.66mg, Quercetin: 11.66mg, Quercetin: 11.66mg

Nutrients (% of daily need)

Calories: 318.41kcal (15.92%), Fat: 6.91g (10.64%), Saturated Fat: 2.35g (14.69%), Carbohydrates: 48.4g (16.13%), Net Carbohydrates: 43.58g (15.85%), Sugar: 10.45g (11.62%), Cholesterol: 30.05mg (10.02%), Sodium: 1288.84mg (56.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.55g (35.1%), Vitamin C: 92.65mg (112.3%), Iron: 9.16mg (50.87%), Selenium: 31.91µg (45.58%), Vitamin B1: 0.56mg (37.5%), Vitamin B3: 6.37mg (31.87%), Manganese: 0.62mg (31.2%), Folate: 110.24µg (27.56%), Vitamin B6: 0.54mg (27.15%), Vitamin B2: 0.45mg (26.66%), Phosphorus: 222.25mg (22.23%), Fiber: 4.82g (19.28%), Potassium: 603.63mg (17.25%), Copper: 0.32mg (16.18%), Zinc: 2.24mg (14.92%), Magnesium: 58.68mg (14.67%), Vitamin A: 570.53IU (11.41%), Vitamin B5: 1.05mg (10.52%), Vitamin E: 1.43mg (9.54%), Calcium: 82.01mg (8.2%), Vitamin K: 6.8µg (6.47%), Vitamin B12: 0.24µg (4.06%)