



WHATSheATE



Johnsonville® Italian Sausage and Pepper Medley



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes italian chopped canned
- ☐ 2 cloves garlic crushed
- ☐ 1 bell pepper green julienned
- ☐ 0.3 cup olive oil
- ☐ 0.5 onion julienned
- ☐ 1 bell pepper red julienned
- ☐ 5 servings salt and pepper to taste

- ☐ 19.8 ounce mild sausage links italian cooked johnsonville®
- ☐ 1 bell pepper yellow julienned

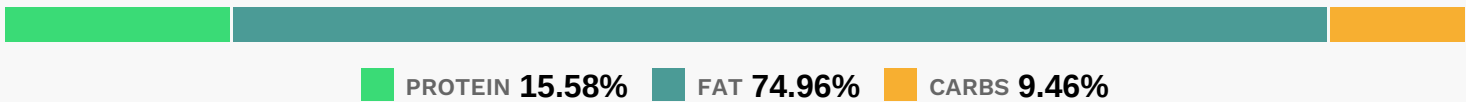
Equipment

- ☐ frying pan

Directions

- ☐ Prepare Italian Sausage according to package directions, bias-slice and keep warm. In a large pan add olive oil and garlic; saute for about 30 seconds.
- ☐ Add vegetables to oil and saute for about 2 minutes or until crisp tender.
- ☐ Add chopped Italian tomatoes and sausage heat 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:2.33, Inflammation Score:-9, Nutrition Score:20.470869591703%

Flavonoids

Naringenin: 1.08mg, Naringenin: 1.08mg, Naringenin: 1.08mg, Naringenin: 1.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 488.2kcal (24.41%), Fat: 41.02g (63.11%), Saturated Fat: 11.43g (71.44%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 8.41g (3.06%), Sugar: 6.22g (6.92%), Cholesterol: 80.67mg (26.89%), Sodium: 917.29mg (39.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.18g (38.36%), Vitamin C: 116.99mg (141.81%), Vitamin A: 2287.64IU (45.75%), Vitamin B3: 6.79mg (33.96%), Vitamin B6: 0.66mg (33.02%), Vitamin B1: 0.41mg (27.16%), Potassium: 817.45mg (23.36%), Vitamin K: 22.48µg (21.41%), Phosphorus: 211.04mg (21.1%), Vitamin E: 3.09mg (20.62%), Zinc: 2.87mg (19.1%), Vitamin B12: 0.95µg (15.87%), Manganese: 0.3mg (15.24%), Fiber: 3.24g (12.94%), Vitamin B2: 0.2mg (12%), Folate: 46.58µg (11.64%), Iron: 2.07mg (11.5%), Copper: 0.22mg (11.04%), Magnesium: 42.65mg (10.66%), Vitamin B5: 1.05mg (10.53%), Vitamin D: 1.46µg (9.71%), Calcium: 37.55mg (3.76%)