



## Maxwell St. Style Polish Sausage Sandwich

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 poppy seed hot dog buns fresh
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 6 pickled sport peppers
- ☐ 4 links polish kielbasa sausage dry with a paper towel ( 1 1/2 pounds)
- ☐ 1 tablespoon vegetable oil
- ☐ 4 servings mustard yellow
- ☐ 1 onion yellow thinly sliced

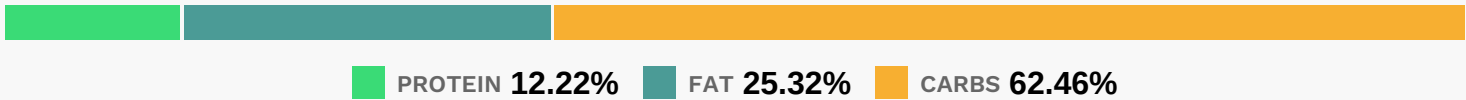
## Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 175 degrees F.
- ☐ Heat the oil over medium heat in a heavy-bottomed skillet.
- ☐ Add the sausages and cook on each side, undisturbed, until golden brown, about 5 minutes a side. Set on a baking dish in the oven to keep warm.
- ☐ To the same skillet, add the onions and stir to combine with the oil. Season the onions with salt and pepper and cook over medium-low heat, undisturbed, until the bottom of the onions begin to caramelize, about 10 minutes. Stir only once and cook for another 25 minutes, undisturbed. Once the onions are golden and soft, set aside.
- ☐ Place a sausage on a bun, slather in good yellow mustard, top with an ample amount of caramelized onions and 2 or 3 sport peppers. Wrap the sandwich in deli paper, parchment paper or foil.
- ☐ Let sit for 5 minutes to get all good and steamed up. Eat while standing with only TWO napkins and a giant pop.

## Nutrition Facts



## Properties

Glycemic Index:47.75, Glycemic Load:13.85, Inflammation Score:-8, Nutrition Score:15.680434874866%

## Flavonoids

Luteolin: 8.41mg, Luteolin: 8.41mg, Luteolin: 8.41mg, Luteolin: 8.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

9.53mg, Quercetin: 9.53mg, Quercetin: 9.53mg, Quercetin: 9.53mg

Nutrients (% of daily need)

Calories: 201.89kcal (10.09%), Fat: 5.85g (9%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 32.49g (10.83%), Net Carbohydrates: 27.98g (10.18%), Sugar: 8.62g (9.57%), Cholesterol: 0.7mg (0.23%), Sodium: 280.18mg (12.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.35g (12.71%), Vitamin C: 146.13mg (177.13%), Manganese: 0.52mg (26.12%), Vitamin B1: 0.36mg (23.98%), Vitamin B6: 0.47mg (23.26%), Vitamin K: 21.85µg (20.81%), Selenium: 13.58µg (19.4%), Fiber: 4.51g (18.03%), Folate: 63.41µg (15.85%), Vitamin B3: 2.73mg (13.64%), Vitamin A: 665.52IU (13.31%), Iron: 2.23mg (12.37%), Potassium: 415.57mg (11.87%), Vitamin B2: 0.19mg (11.09%), Phosphorus: 93.52mg (9.35%), Copper: 0.18mg (9.04%), Calcium: 89.09mg (8.91%), Magnesium: 33.09mg (8.27%), Vitamin E: 1.08mg (7.18%), Zinc: 0.64mg (4.28%), Vitamin B5: 0.23mg (2.31%), Vitamin B12: 0.09µg (1.58%)