



Papa Felico's Garlic Sausage Bread

READY IN



40 min.

SERVINGS



8

CALORIES



654 kcal

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 beefsteak tomatoes sliced
- ☐ 0.3 cup olives black sliced
- ☐ 1 pound bulk sausage italian hot
- ☐ 0.3 tablespoon basil dried
- ☐ 1 tablespoon garlic chopped
- ☐ 0.3 cup olives green sliced
- ☐ 1 pinch ground pepper black
- ☐ 1 loaf bread italian cut in half lengthwise
- ☐ 8 ounce mozzarella cheese sliced

- ☐ 0.5 cup olive oil
- ☐ 0.3 teaspoon oregano dried
- ☐ 2 tablespoons onion diced red
- ☐ 1 cup roasted bell pepper strips red
- ☐ 1 pinch salt

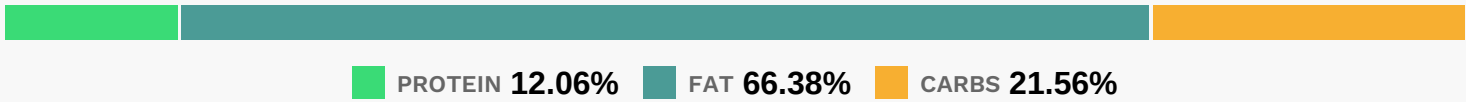
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Crumble the sausage into a saucepan over low heat; cover and cook until sausage is completely browned, stirring every 30 seconds; drain.
- ☐ Place the bread on a baking sheet with the crust sides down. Arrange the cooked sausage evenly over both halves of bread. Top each with tomato slices, red bell pepper strips, mozzarella slices, green olives, and black olives.
- ☐ Bake in preheated oven for 10 minutes.
- ☐ Whisk together the olive oil, balsamic vinegar, oregano, basil, salt, pepper, onion, and garlic in a bowl.
- ☐ Drizzle over baked bread halves.
- ☐ Bake another 5 minutes.
- ☐ Cut into 2 inch slices to serve.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:1.53, Inflammation Score:-6, Nutrition Score:13.365217457647%

Flavonoids

Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 654.09kcal (32.7%), Fat: 48.23g (74.2%), Saturated Fat: 21.56g (134.75%), Carbohydrates: 35.24g (11.75%), Net Carbohydrates: 32.12g (11.68%), Sugar: 20.26g (22.52%), Cholesterol: 65.49mg (21.83%), Sodium: 1182.74mg (51.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.72g (39.44%), Vitamin B1: 0.44mg (29.01%), Selenium: 19.17µg (27.39%), Vitamin B3: 4.81mg (24.04%), Phosphorus: 220.08mg (22.01%), Vitamin B12: 1.16µg (19.37%), Vitamin C: 15.59mg (18.9%), Calcium: 177.6mg (17.76%), Vitamin B2: 0.24mg (14.35%), Zinc: 2.1mg (13.97%), Iron: 2.51mg (13.95%), Vitamin A: 672.03IU (13.44%), Vitamin B6: 0.27mg (13.31%), Folate: 52.67µg (13.17%), Potassium: 438.54mg (12.53%), Fiber: 3.12g (12.48%), Magnesium: 33.3mg (8.32%), Manganese: 0.17mg (8.26%), Vitamin K: 8.33µg (7.94%), Vitamin E: 1.02mg (6.8%), Copper: 0.12mg (5.78%), Vitamin B5: 0.39mg (3.86%)