



Quick 'n Easy Sausage on a Bun

READY IN



30 min.

SERVINGS



4

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 4 bread rolls split french toasted
- 14.5 oz canned tomatoes diced undrained canned
- 1 lb mild sausage links to package directions and coin italian
- 1 onion separated sliced
- 1 bell pepper green red cut into wedges
- 0.8 cup mozzarella cheese shredded kraft

Equipment

frying pan

Directions

- Cook sausage in large nonstick skillet on medium-high heat 12 min. or until done (160F), turning after 6 min.
- Remove sausages from skillet; cover. Discard drippings from skillet.
- Add peppers, onions and dressing to skillet; cook and stir 5 min. or until vegetables are crisp-tender. Stir in tomatoes. Bring to boil; cook 5 min., stirring occasionally.
- Cut sausages lengthwise in half, being careful to not cut all the way through to bottom of each. Open sausages; place, cut sides down, on bottom halves of rolls. Top with vegetable mixture and cheese.

Nutrition Facts

 **PROTEIN 16.35%**  **FAT 66.75%**  **CARBS 16.9%**

Properties

Glycemic Index:47.17, Glycemic Load:10.24, Inflammation Score:-6, Nutrition Score:22.998695438323%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 636kcal (31.8%), Fat: 47.26g (72.71%), Saturated Fat: 16.3g (101.86%), Carbohydrates: 26.92g (8.97%), Net Carbohydrates: 22.87g (8.32%), Sugar: 8.71g (9.68%), Cholesterol: 102.77mg (34.26%), Sodium: 1363.44mg (59.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.05g (52.11%), Vitamin B1: 0.87mg (58.14%), Selenium: 40.51µg (57.87%), Vitamin C: 37.73mg (45.74%), Vitamin B3: 6.7mg (33.51%), Manganese: 0.67mg (33.28%), Phosphorus: 318.3mg (31.83%), Vitamin B6: 0.63mg (31.64%), Vitamin B12: 1.51µg (25.18%), Vitamin B2: 0.39mg (22.92%), Zinc: 3.3mg (21.98%), Iron: 3.93mg (21.85%), Potassium: 735.66mg (21.02%), Calcium: 207.18mg (20.72%), Copper: 0.35mg (17.64%), Fiber: 4.05g (16.18%), Magnesium: 57.83mg (14.46%), Folate: 55.9µg (13.98%), Vitamin B5: 1.19mg (11.87%), Vitamin E: 1.49mg (9.96%), Vitamin A: 474.09IU (9.48%), Vitamin K: 9.61µg (9.16%)