



## Quick 'n Easy Sausage on a Bun

READY IN



30 min.

SERVINGS



30

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## 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:6.29, Glycemic Load:1.36, Inflammation Score:-1, Nutrition Score:3.0660869171438%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

## Nutrients (% of daily need)

Calories: 84.8kcal (4.24%), Fat: 6.3g (9.7%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 3.05g (1.11%), Sugar: 1.16g (1.29%), Cholesterol: 13.7mg (4.57%), Sodium: 181.79mg (7.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.95%), Vitamin B1: 0.12mg (7.75%), Selenium: 5.4µg (7.72%), Vitamin C: 5.03mg (6.1%), Vitamin B3: 0.89mg (4.47%), Manganese: 0.09mg (4.44%), Phosphorus: 42.44mg (4.24%), Vitamin B6: 0.08mg (4.22%), Vitamin B12: 0.2µg (3.36%), Vitamin B2: 0.05mg (3.06%), Zinc: 0.44mg (2.93%), Iron: 0.52mg (2.91%), Potassium: 98.09mg (2.8%), Calcium: 27.62mg (2.76%), Copper: 0.05mg (2.35%), Fiber: 0.54g (2.16%), Magnesium: 7.71mg (1.93%), Folate: 7.45µg (1.86%), Vitamin B5: 0.16mg (1.58%), Vitamin E: 0.2mg (1.33%), Vitamin A: 63.21IU (1.26%), Vitamin K: 1.28µg (1.22%)