



Roasted Sausages, Peppers, and Onions and Cheesy Bread with Black Pepper

READY IN



37 min.

SERVINGS



4

CALORIES



1172 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 loaf crusty semolina bread split
- 2 tablespoons flat-leaf parsley chopped
- 4 cloves garlic thinly sliced
- 1 bell pepper green seeded cut into 1/2-inch slices
- 4 servings olive oil extra-virgin for liberal drizzling plus 3 tablespoons, 3 turns of the pan
- 1 large onion
- 0.5 cup parmigiano-reggiano grated
- 4 servings coarse pepper black

- 1 bell pepper red seeded sliced
- 4 servings salt and pepper
- 2 pounds sausage and varieties sweet italian hot thin (the kind sold in swirl shapes, each swirl will weigh)
- 0.3 cup tomato sauce with water

Equipment

- frying pan
- baking sheet
- oven
- broiler

Directions

- Preheat oven to 425 degrees F.
- Place sausage rings on a baking sheet and liberally drizzle extra-virgin olive oil down over them.
- Place in hot oven and roast until casings are crisp and juices run clear, somewhere between 15 and 20 minutes.
- Remove from oven to rest sausages; switch on broiler.
- While sausages roast, heat a skillet over medium heat with 3 tablespoons extra-virgin olive oil and sliced garlic. Simmer garlic in extra-virgin olive oil 2 to 3 minutes then add peppers and onions. Turn the heat up a notch, and cook until the vegetables are tender but the peppers still hold strong color, 5 to 6 minutes.
- Add thinned tomato sauce, salt, and pepper and reduce. Turn heat back to low and hold the veggies until the sausage comes out of the oven, a couple of minutes.
- Toast the split bread, remove from oven, rub with cracked garlic, liberally drizzle with extra-virgin olive oil, and cover with cheese and lots of black pepper. Return to the broiler to brown cheese, 1 minute. Scatter parsley over the bread.
- Cut bread into chunks and pile with peppers and onions then sausages. The bread will soak in the juices as you work through the sausage, peppers and onions.

Nutrition Facts



■ PROTEIN 17.43% ■ FAT 61.69% ■ CARBS 20.88%

Properties

Glycemic Index:85.88, Glycemic Load:41.93, Inflammation Score:-9, Nutrition Score:39.300869485606%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 1172.02kcal (58.6%), Fat: 80.08g (123.19%), Saturated Fat: 24.52g (153.28%), Carbohydrates: 60.98g (20.33%), Net Carbohydrates: 56.62g (20.59%), Sugar: 8.87g (9.85%), Cholesterol: 171.79mg (57.26%), Sodium: 2516.56mg (109.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.9g (101.8%), Vitamin B1: 1.4mg (93.36%), Vitamin C: 71.03mg (86.1%), Vitamin B3: 16.2mg (80.99%), Phosphorus: 532.53mg (53.25%), Vitamin B6: 1.06mg (53.24%), Vitamin B2: 0.8mg (47.31%), Selenium: 32.15µg (45.94%), Vitamin K: 47.5µg (45.24%), Zinc: 6.57mg (43.82%), Iron: 7.25mg (40.28%), Folate: 154.45µg (38.61%), Manganese: 0.74mg (36.94%), Vitamin B12: 2.08µg (34.63%), Vitamin A: 1545.62IU (30.91%), Potassium: 930.64mg (26.59%), Calcium: 245.13mg (24.51%), Vitamin E: 3.51mg (23.41%), Vitamin B5: 2.16mg (21.57%), Magnesium: 83.77mg (20.94%), Vitamin D: 3.01µg (20.07%), Copper: 0.38mg (18.8%), Fiber: 4.35g (17.41%)