



Saucy Slow-Cooked Italian Sausages



Gluten Free



Dairy Free

READY IN



365 min.

SERVINGS



6

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 1 bell pepper green seeded sliced into strips
- ☐ 4 ounce sausage fresh italian
- ☐ 1 onion sliced
- ☐ 26 ounces tomato basil sauce classico®

Equipment

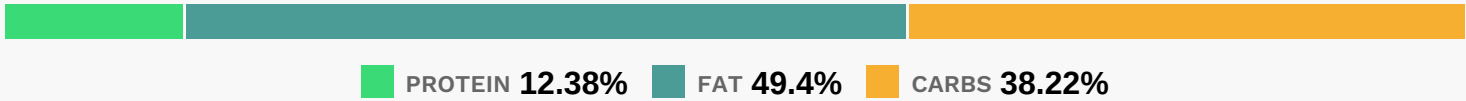
- ☐ slow cooker

Directions

- ☐
- Place the Italian sausage links, sauce, green pepper and onion into a slow cooker. Stir to coat everything in sauce. Cover, and cook on Low for 6 hours.

☐

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:5.9265217055445%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 165.14kcal (8.26%), Fat: 8.92g (13.73%), Saturated Fat: 2.62g (16.39%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 10.95g (3.98%), Sugar: 10.1g (11.22%), Cholesterol: 14.36mg (4.79%), Sodium: 601.39mg (26.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.06%), Vitamin C: 23.58mg (28.58%), Fiber: 4.58g (18.32%), Vitamin A: 810.84IU (16.22%), Potassium: 502.4mg (14.35%), Vitamin B1: 0.13mg (8.47%), Selenium: 4.78µg (6.83%), Vitamin B6: 0.12mg (6.16%), Iron: 1.04mg (5.79%), Calcium: 48.91mg (4.89%), Vitamin B3: 0.73mg (3.65%), Phosphorus: 36.12mg (3.61%), Manganese: 0.06mg (2.94%), Vitamin B12: 0.17µg (2.87%), Zinc: 0.4mg (2.64%), Vitamin B2: 0.04mg (2.49%), Copper: 0.04mg (1.77%), Folate: 6.98µg (1.74%), Magnesium: 6.46mg (1.62%), Vitamin K: 1.54µg (1.47%), Vitamin B5: 0.14mg (1.39%)