



Sausage-and-Pepper Heros

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 chicken sausages with roasted pepper or parsley and cheese (5 ounces)
- 0.5 teaspoon pepper red crushed
- 2 garlic thinly sliced
- 3 long hero rolls split
- 6 servings kosher salt
- 2 tablespoons olive oil extra-virgin plus more for brushing
- 1 teaspoon oregano dried crumbled
- 1 pound bell peppers red thinly sliced

1 onion red thinly sliced

Equipment

bowl

frying pan

knife

Directions

Heat a large cast-iron or nonstick griddle (you can also use 2 cast-iron or nonstick skillets).

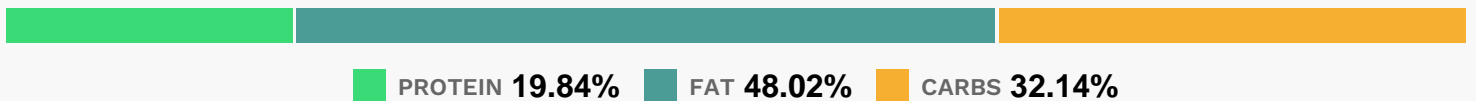
Add the oil, bell peppers, onion, garlic, oregano and crushed red pepper and season with salt. Cook over moderate heat, stirring occasionally, until the peppers are softened and just beginning to brown, 6 minutes. Push the vegetables to the back of the griddle, cover with an inverted heatproof bowl and keep warm over low heat; stir occasionally as you cook the sausages.

Prick the sausages with a knife and cook over moderate heat, turning occasionally, until no trace of pink remains, 10 minutes.

Add the sausages to the vegetables and keep warm.

Brush the rolls with oil and toast on the griddle. Fill the rolls with the sausages and peppers, cut each one in half and serve.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:12.91, Inflammation Score:-9, Nutrition Score:12.400869535363%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 327.71kcal (16.39%), Fat: 18.04g (27.75%), Saturated Fat: 3.21g (20.03%), Carbohydrates: 27.17g (9.06%), Net Carbohydrates: 24.52g (8.91%), Sugar: 7.17g (7.97%), Cholesterol: 60.01mg (20%), Sodium: 1216.44mg (52.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.77g (33.54%), Vitamin C: 99.63mg (120.77%), Vitamin A: 2722.59IU (54.45%), Iron: 6.61mg (36.71%), Vitamin E: 2mg (13.3%), Vitamin B6: 0.26mg (13.07%), Fiber: 2.65g (10.61%), Folate: 39.13µg (9.78%), Vitamin K: 8.85µg (8.43%), Manganese: 0.14mg (7.25%), Potassium: 197.83mg (5.65%), Vitamin B2: 0.07mg (4.33%), Vitamin B3: 0.8mg (4.02%), Vitamin B1: 0.05mg (3.48%), Magnesium: 12.31mg (3.08%), Phosphorus: 27.5mg (2.75%), Vitamin B5: 0.27mg (2.73%), Calcium: 20.55mg (2.06%), Zinc: 0.25mg (1.66%), Copper: 0.03mg (1.35%)