



Sausage and Pepper Sandwiches

READY IN



265 min.

SERVINGS



8

CALORIES



670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 medium bell peppers thick trimmed sliced into strips
- 1 lb semolina bread italian cut in 16 diagonal slices
- 14.5 oz canned tomatoes diced with roasted garlic canned
- 2 pounds mild chicken sausage fresh
- 2 tablespoons basil fresh chopped for serving
- 1 large to 2 garlic cloves peeled
- 0.3 cup olive oil
- 2 extra large onions sweet spanish such as vidalia, sliced
- 2 tablespoons parmesan cheese shredded for serving finely

8 oz tomato sauce plain canned

Equipment

pot

grill pan

Directions

Place pepper strips and onion in bottom of slow-cooker. Arrange chicken sausage on top and then pour diced tomatoes and tomato sauce on top. Cover and cook on low for 8 hours or on high for 4 hours.

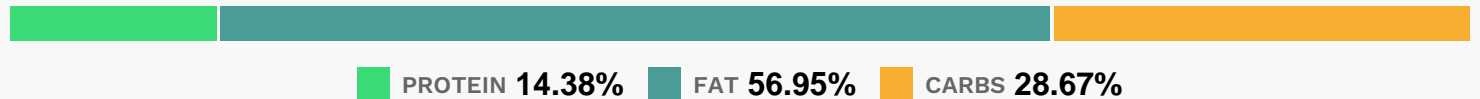
Transfer warm sausage to a board and slice into 1/4-inch strips. Return sausage to pot and stir to mix; keep warm.

Brush a grill pan with oil and place over medium heat.

Brush bread slices on both sides with olive oil, then toast in batches, turning, until crisp and golden. Rub each slice lightly with garlic.

Place 1 slice of toast on each plate. Spoon sausage mixture on top and sprinkle with basil and cheese. Top with second slice of toast.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:2.15, Inflammation Score:-9, Nutrition Score:15.136086926836%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 12.12mg, Quercetin: 12.12mg, Quercetin: 12.12mg, Quercetin: 12.12mg

Nutrients (% of daily need)

Calories: 669.75kcal (33.49%), Fat: 43.51g (66.94%), Saturated Fat: 15.42g (96.35%), Carbohydrates: 49.29g (16.43%), Net Carbohydrates: 44.21g (16.08%), Sugar: 28.19g (31.33%), Cholesterol: 80.91mg (26.97%), Sodium:

1601.27mg (69.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.72g (49.43%), Vitamin C: 69.6mg (84.36%), Vitamin A: 2067.73IU (41.35%), Folate: 84.95µg (21.24%), Fiber: 5.08g (20.33%), Vitamin B3: 4.02mg (20.09%), Iron: 3.57mg (19.84%), Vitamin E: 2.75mg (18.34%), Vitamin B6: 0.35mg (17.44%), Potassium: 554.62mg (15.85%), Manganese: 0.25mg (12.47%), Vitamin B1: 0.18mg (12.28%), Vitamin K: 12.12µg (11.54%), Magnesium: 37.93mg (9.48%), Copper: 0.18mg (9.2%), Vitamin B2: 0.16mg (9.15%), Phosphorus: 88.55mg (8.85%), Calcium: 57.54mg (5.75%), Vitamin B5: 0.46mg (4.62%), Zinc: 0.58mg (3.84%), Selenium: 1.27µg (1.82%)