



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

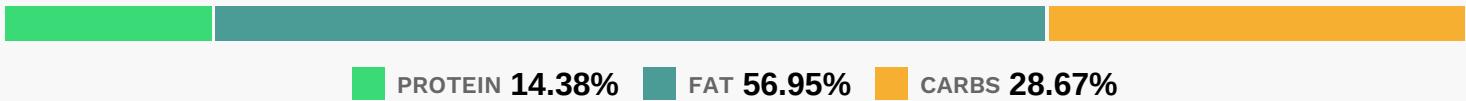
☐ pot

☐ 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%)