



## Sausage and Pepper Subs

 Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon balsamic vinegar
- 3 cups bell pepper stir-fry frozen thawed (such as Bird's Eye)
- 2 teaspoons bottled garlic minced
- 0.3 teaspoon fennel seeds crushed
- 12 ounces turkey sausage sweet italian cut into 1/2-inch pieces
- 12 ounce tomatoes
- 1 teaspoon olive oil
- 10 ounce hoagie rolls split

# Equipment

frying pan

# Directions

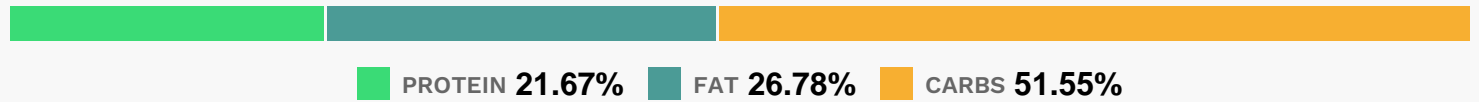
Heat the oil in a large nonstick skillet over medium-high heat.

Add sausage, and cook for 7 minutes or until lightly browned, stirring occasionally.

Add garlic and fennel to pan; cook 30 seconds, stirring constantly. Stir in bell pepper stir-fry and marinara sauce, and bring to a boil. Reduce heat, and simmer 5 minutes. Stir in vinegar.

Spoon 1 cup sausage mixture into each hoagie roll.

# Nutrition Facts



# Properties

Glycemic Index:57.5, Glycemic Load:26.12, Inflammation Score:-10, Nutrition Score:25.501739253169%

# Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

# Nutrients (% of daily need)

Calories: 370.87kcal (18.54%), Fat: 11.26g (17.32%), Saturated Fat: 3.13g (19.59%), Carbohydrates: 48.78g (16.26%), Net Carbohydrates: 43.22g (15.72%), Sugar: 14.98g (16.64%), Cholesterol: 45.08mg (15.03%), Sodium: 1489.69mg (64.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.5g (41%), Vitamin C: 175.65mg (212.91%), Iron: 20.17mg (112.07%), Vitamin A: 3990.02IU (79.8%), Vitamin B6: 0.76mg (38.21%), Selenium: 19.86µg (28.37%), Vitamin B3: 5.09mg (25.44%), Fiber: 5.55g (22.21%), Phosphorus: 214.03mg (21.4%), Vitamin E: 3.14mg (20.91%), Potassium: 669.48mg (19.13%), Vitamin B2: 0.3mg (17.68%), Folate: 65.94µg (16.48%), Manganese: 0.32mg (16.19%), Zinc: 2.31mg (15.42%), Vitamin B5: 1.31mg (13.1%), Magnesium: 48.69mg (12.17%), Copper: 0.22mg (11.02%), Vitamin B1: 0.15mg (9.78%), Vitamin K: 8.5µg (8.1%), Vitamin B12: 0.37µg (6.1%), Calcium: 50.34mg (5.03%)