



Sausage, Arugula, and Piquillo Pepper Sandwiches

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby arugula
- ☐ 4 bratwurst split fully cooked
- ☐ 4 ciabatta bread split
- ☐ 0.5 cup olives green finely chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 cup roasted peppers red drained cut into strips

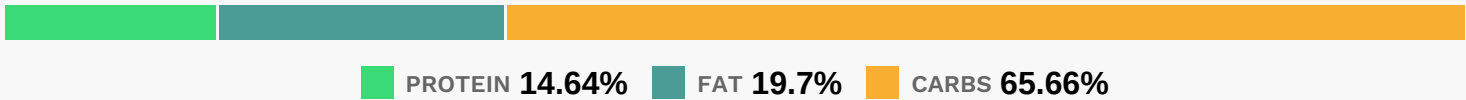
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Combine olives and oil, then spread on bottom halves of rolls.
- ☐ Heat a grill pan or large heavy skillet (not nonstick) over medium-high heat until hot, then heat sausages until hot, about 8 minutes.
- ☐ Make sandwiches on rolls with peppers, sausages, and arugula.
- ☐ Cut in half.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:5.4778260718221%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 655.67kcal (32.78%), Fat: 14.31g (22.02%), Saturated Fat: 4.62g (28.88%), Carbohydrates: 107.31g (35.77%), Net Carbohydrates: 104.37g (37.95%), Sugar: 0.15g (0.16%), Cholesterol: 24.42mg (8.14%), Sodium: 1634.48mg (71.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.93g (47.86%), Selenium: 13.22µg (18.88%), Fiber: 2.94g (11.75%), Vitamin B1: 0.16mg (10.51%), Vitamin B3: 1.67mg (8.34%), Zinc: 1.12mg (7.43%), Vitamin K: 7.74µg (7.37%), Phosphorus: 73.33mg (7.33%), Vitamin B6: 0.13mg (6.49%), Vitamin B2: 0.11mg (6.4%), Vitamin C: 4.82mg (5.84%), Vitamin E: 0.68mg (4.54%), Potassium: 149.63mg (4.28%), Vitamin B12: 0.24µg (4.01%), Vitamin A: 199.29IU (3.99%), Copper: 0.06mg (2.98%), Magnesium: 11.17mg (2.79%), Calcium: 25.23mg (2.52%), Vitamin B5: 0.25mg (2.47%), Vitamin D: 0.36µg (2.42%), Iron: 0.37mg (2.05%), Folate: 7.49µg (1.87%), Manganese: 0.03mg (1.73%)