



Sausage-Fennel Subs

 Vegetarian

READY IN



21 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup fennel bulb thinly sliced
- 4 garlic cloves thinly sliced
- 1 teaspoon olive oil
- 1.5 cups onion vertically sliced
- 2 ounce provolone cheese
- 8 ounce hoagie rolls
- 6 ounces chicken and sun-dried tomato sausage diagonally sliced
- 0.5 cup tomato-basil pasta sauce

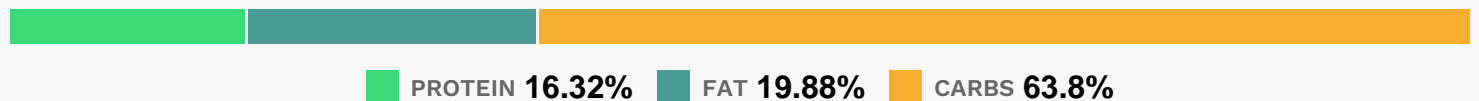
Equipment

- frying pan
- baking sheet
- broiler

Directions

- Preheat broiler.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add onion, fennel, and garlic; saut for 4 minutes.
- Add sausage, and saut for 3 minutes or until sausage is lightly browned and vegetables begin to brown.
- Arrange rolls, cut sides up, in a single layer on a baking sheet; broil 2 minutes or until toasted. Spoon about 2/3 cup sausage mixture on the bottom half of each roll, and top each with 2 tablespoons sauce.
- Place 2 cheese slices over sauce. Arrange sandwiches on baking sheet; broil 2 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:58, Glycemic Load:25.9, Inflammation Score:-8, Nutrition Score:21.423043301572%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.28mg, Quercetin: 12.28mg, Quercetin: 12.28mg, Quercetin: 12.28mg

Nutrients (% of daily need)

Calories: 353.11kcal (17.66%), Fat: 8.28g (12.75%), Saturated Fat: 2.85g (17.82%), Carbohydrates: 59.81g (19.94%), Net Carbohydrates: 51.47g (18.72%), Sugar: 24.08g (26.76%), Cholesterol: 9.78mg (3.26%), Sodium: 455.14mg

(19.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.3g (30.61%), Iron: 12.88mg (71.53%), Potassium: 1717.83mg (49.08%), Manganese: 0.96mg (47.78%), Fiber: 8.34g (33.35%), Copper: 0.65mg (32.71%), Vitamin K: 33.15µg (31.57%), Vitamin C: 25.41mg (30.79%), Phosphorus: 254.56mg (25.46%), Magnesium: 96.91mg (24.23%), Vitamin B3: 4.1mg (20.5%), Calcium: 193.94mg (19.39%), Vitamin B1: 0.26mg (17.53%), Vitamin B2: 0.28mg (16.46%), Vitamin B6: 0.27mg (13.55%), Vitamin A: 620.77IU (12.42%), Folate: 47.7µg (11.92%), Vitamin B5: 1.1mg (10.97%), Zinc: 1.48mg (9.9%), Selenium: 5.27µg (7.53%), Vitamin B12: 0.21µg (3.45%), Vitamin E: 0.32mg (2.14%)