



Sausage Heros

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



688 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 sausages italian
- ☐ 8 servings mustard
- ☐ 8 servings olive oil
- ☐ 8 rolls

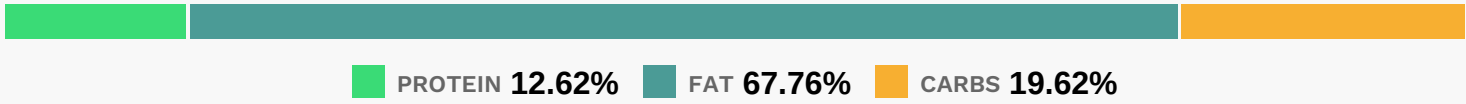
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon olive oil in a large skillet over medium heat. Cook sausages, turning occasionally, until cooked through, 12 to 15 minutes. Slice and place on rolls with mustard.
- ☐ Serve with pickles, carrots, and chips, if desired.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:23.18, Inflammation Score:-1, Nutrition Score:13.420000079209%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 687.57kcal (34.38%), Fat: 51.46g (79.17%), Saturated Fat: 14.57g (91.04%), Carbohydrates: 33.51g (11.17%), Net Carbohydrates: 32.23g (11.72%), Sugar: 4.4g (4.89%), Cholesterol: 85.12mg (28.37%), Sodium: 1166.52mg (50.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.57g (43.14%), Iron: 12.13mg (67.39%), Vitamin B1: 0.65mg (43.04%), Selenium: 29.48µg (42.11%), Vitamin B3: 3.67mg (18.34%), Vitamin B12: 1.02µg (16.99%), Vitamin B6: 0.34mg (16.97%), Phosphorus: 164.44mg (16.44%), Zinc: 2.04mg (13.58%), Vitamin E: 2.03mg (13.56%), Vitamin B2: 0.19mg (11.26%), Potassium: 291mg (8.31%), Vitamin K: 8.5µg (8.1%), Vitamin B5: 0.59mg (5.86%), Fiber: 1.28g (5.12%), Copper: 0.09mg (4.66%), Magnesium: 18.08mg (4.52%), Manganese: 0.09mg (4.29%), Calcium: 29.84mg (2.98%), Vitamin C: 2.26mg (2.74%), Folate: 9.31µg (2.33%)