



## Sausage, Pepper and Onion Hoagies

READY IN



30 min.

SERVINGS



4

CALORIES



972 kcal

### Ingredients

- 3 tablespoons butter
- 2 cherry peppers hot jarred finely chopped
- 4 crusty plain seeded
- 2 tablespoons olive oil extra virgin
- 1 large clove garlic
- 2 large cloves garlic crushed
- 0.8 pound sausage italian hot
- 0.8 pound sausage sweet italian
- 1.5 teaspoons penzey's southwest seasoning dried italian
- 3 tablespoons pepper juice hot

- 1 tablespoon olive oil extra-virgin
- 1 large onion thinly sliced
- 2 cubanelle peppers light green italian seeded thinly sliced ( mild peppers)
- 1 bell pepper red seeded thinly sliced
- 4 servings salt and pepper

## Equipment

- frying pan
- broiler
- stove

## Directions

- Watch how to make this recipe.
- Place the sausages in a large nonstick skillet. Pierce the casings with a fork.
- Add 1-inch water to the pan. Bring liquid to a boil. Cover sausages, reduce heat and simmer 10 minutes.
- Heat a second skillet over medium high heat.
- Add oil, 2 turns of the pan.
- Add garlic, onion, cubanelle and red peppers. Season vegetables with salt and pepper.
- Drain sausages and return pan to stove, raising heat back to medium high.
- Add a drizzle of oil to the skillet, brown and crisp the casings.
- Remove sausages, slice into 2 inch pieces on an angle and set pieces back into the pan to sear.
- Split and toast the bread under broiler. Melt oil, butter together in small pan over medium heat.
- Add garlic and let it sizzle 1 or 2 minutes.
- Brush rolls with garlic butter and sprinkle with a little dried Italian seasoning blend.
- Combine the cooked peppers and onions to the sausages.
- Add hot peppers and hot pepper juice to the skillet. Toss and turn the sausage, peppers and onions, picking up all the drippings from the pan. Pile the meat and peppers into the garlic sub

rolls and serve.

## Nutrition Facts

**PROTEIN 13.02%** **FAT 69.59%** **CARBS 17.39%**

### Properties

Glycemic Index:71.25, Glycemic Load:2.22, Inflammation Score:-9, Nutrition Score:31.933043314063%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3mg, Luteolin: 3mg, Luteolin: 3mg, Luteolin: 3mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.03mg, Quercetin: 9.03mg, Quercetin: 9.03mg, Quercetin: 9.03mg

### Nutrients (% of daily need)

Calories: 971.88kcal (48.59%), Fat: 75.08g (115.51%), Saturated Fat: 26.45g (165.3%), Carbohydrates: 42.21g (14.07%), Net Carbohydrates: 37.72g (13.72%), Sugar: 5.93g (6.59%), Cholesterol: 151.85mg (50.62%), Sodium: 1950.44mg (84.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.61g (63.22%), Vitamin C: 108.98mg (132.1%), Selenium: 65.2µg (93.15%), Vitamin B1: 1.32mg (88.02%), Vitamin B6: 0.89mg (44.4%), Vitamin B3: 8.76mg (43.8%), Phosphorus: 340.96mg (34.1%), Vitamin B2: 0.55mg (32.3%), Vitamin A: 1534.83IU (30.7%), Manganese: 0.61mg (30.59%), Iron: 4.78mg (26.55%), Vitamin B12: 1.57µg (26.1%), Zinc: 3.88mg (25.88%), Folate: 99.27µg (24.82%), Potassium: 770.92mg (22.03%), Vitamin E: 2.91mg (19.39%), Vitamin K: 19.68µg (18.75%), Fiber: 4.49g (17.98%), Copper: 0.31mg (15.7%), Magnesium: 57.86mg (14.47%), Vitamin B5: 1.36mg (13.55%), Calcium: 121.79mg (12.18%)