



Sausage-Pepper Buns

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



240 kcal

Ingredients

- 2 medium size pasilla peppers green seeded sliced
- 1 teaspoon butter reduced-calorie
- 1 large onion sliced
- 1 teaspoon greek seasoning salt-free
- 14 ounce turkey sausage smoked fat-free sliced
- 6 hot dog buns whole wheat

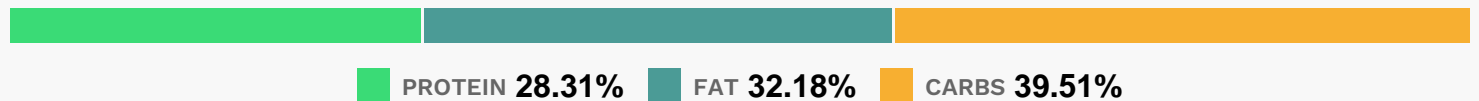
Equipment

- frying pan
- paper towels

Directions

- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add sausage, and cook 5 minutes or until browned, stirring often.
- Remove from skillet, and set aside.
- Wipe skillet dry with a paper towel.
- Coat skillet with cooking spray; add margarine.
- Place over medium-high heat until margarine melts.
- Add green pepper and onion; saute 8 minutes or until vegetables are tender. Return sausage to skillet; sprinkle Greek seasoning over sausage. Cook 1 minute or until thoroughly heated, stirring occasionally. Spoon sausage mixture evenly into buns.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.64, Inflammation Score:-6, Nutrition Score:14.527391309324%

Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg

Nutrients (% of daily need)

Calories: 240.41kcal (12.02%), Fat: 8.69g (13.37%), Saturated Fat: 2.07g (12.97%), Carbohydrates: 24.02g (8.01%), Net Carbohydrates: 20.95g (7.62%), Sugar: 4.7g (5.22%), Cholesterol: 49.61mg (16.54%), Sodium: 597.17mg (25.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.21g (34.41%), Vitamin C: 35.28mg (42.77%), Manganese: 0.57mg (28.35%), Vitamin B3: 5.2mg (26%), Vitamin B6: 0.45mg (22.59%), Selenium: 13.68µg (19.54%), Vitamin B1: 0.28mg (18.89%), Phosphorus: 185.52mg (18.55%), Vitamin B2: 0.31mg (18.18%), Zinc: 2.59mg (17.24%), Iron: 2.94mg (16.35%), Folate: 61.15µg (15.29%), Vitamin B12: 0.87µg (14.42%), Fiber: 3.06g (12.25%), Potassium: 357.93mg (10.23%), Magnesium: 39.98mg (9.99%), Vitamin B5: 0.96mg (9.62%), Copper: 0.19mg (9.49%), Vitamin K: 9.46µg (9.01%), Calcium: 76.03mg (7.6%), Vitamin A: 240.66IU (4.81%), Vitamin E: 0.44mg (2.96%)