



Sausage, Peppers, and Onions



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 mild sausage links to package directions and coin sweet italian hot (, , or a couple of each)
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 bell pepper green sliced into 2 to 3 inch-long strips
- ☐ 1 bell pepper red sliced into 2 to 3 inch-long strips
- ☐ 1 bell pepper of another color yellow sliced into strips 2-3 inches long (or orange or purple)
- ☐ 4 garlic cloves sliced into slivers
- ☐ 1 large onion sweet yellow sliced into 1/4-inch half-moons
- ☐ 15 ounce canned tomatoes crushed canned

- ☐ 1 tablespoon oregano dried
- ☐ 0.5 cup red wine
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 4 servings salt to taste

Equipment

- ☐ frying pan
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Heat the olive oil over medium heat in a large pan that has a lid. When the oil is hot, add the sausages and brown them slowly.
- ☐ If they sizzle and crackle too much, turn the heat down. You want a gentle browning, not a sear. Cook for several minutes, turning them occasionally so they brown on all sides. When the sausages are browned, remove from the pan and set aside.
- ☐ Sauté the onions, peppers, and garlic: Increase the heat to high and add the onions and peppers. Toss so they get coated with the oil in the pan and sear them as well as you can, stirring every so often.
- ☐ Once the onions and peppers soften, sprinkle some salt on them. Once you get some blackening from a good sear on the onions and peppers, add the garlic, and cook for one more minute.
- ☐ Add the Marsala or red wine if you are using. Scrape the bottom of the pan with a metal spatula or wooden spoon to release all the browned and blackened bits.
- ☐ Let the wine cook down by half.
- ☐ Add the tomatoes, oregano, and red pepper flakes (if using) and stir well to combine.
- ☐ Add the sausages back in. Bring to a simmer. then reduce the heat to low.
- ☐ Cover and simmer until the peppers are soft and the sausages are cooked through, about 20 minutes.
- ☐ Serve over polenta, penne pasta, or load it up on a hoagie roll. Sausage and peppers and onions will keep for several days in the fridge.

Nutrition Facts

PROTEIN 14.28% FAT 71.08% CARBS 14.64%

Properties

Glycemic Index:46.25, Glycemic Load:4.03, Inflammation Score:-10, Nutrition Score:25.068695773249%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 554.12kcal (27.71%), Fat: 42.73g (65.74%), Saturated Fat: 13.72g (85.74%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 15.06g (5.48%), Sugar: 8.52g (9.46%), Cholesterol: 85.12mg (28.37%), Sodium: 1163.28mg (50.58%), Alcohol: 3.18g (100%), Alcohol %: 1.04% (100%), Protein: 19.32g (38.64%), Vitamin C: 132.35mg (160.43%), Vitamin B1: 0.78mg (52.32%), Selenium: 29.31µg (41.88%), Vitamin B6: 0.82mg (40.81%), Vitamin B3: 5.86mg (29.28%), Vitamin A: 1426.62IU (28.53%), Manganese: 0.57mg (28.46%), Potassium: 898.37mg (25.67%), Phosphorus: 238.85mg (23.88%), Vitamin E: 3.25mg (21.67%), Iron: 3.88mg (21.56%), Vitamin K: 21.86µg (20.82%), Fiber: 4.74g (18.95%), Copper: 0.38mg (18.91%), Vitamin B2: 0.32mg (18.6%), Zinc: 2.64mg (17.61%), Vitamin B12: 1.02µg (16.99%), Magnesium: 58.91mg (14.73%), Folate: 57.72µg (14.43%), Vitamin B5: 1.13mg (11.27%), Calcium: 102.07mg (10.21%)