



Sausage Sliders with Spinach and Peppers

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



973 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bell pepper thinly sliced
- 1 pound sausage sweet italian
- 4 servings kosher salt and pepper black
- 1 tablespoon olive oil
- 1 large onion thinly sliced
- 4 cups pkt spinach thick
- 12 small rolls split

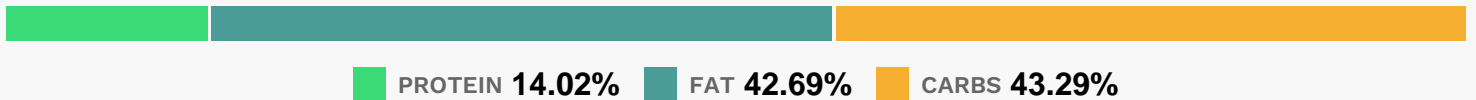
Equipment

- frying pan
- baking sheet
- broiler

Directions

- Heat broiler.
- Heat the oil in a large skillet over medium heat.
- Add the onion, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring occasionally, until the onion begins to soften, 5 to 6 minutes.
- Add the bell pepper and cook, stirring occasionally, until softened, 5 to 6 minutes.
- Add the spinach and cook, tossing, until the spinach is just wilted, 1 to 2 minutes. Meanwhile, remove the sausages from their casings and form into twelve 1/2-inch-thick patties.
- Place them on a broilerproof rimmed baking sheet and broil until cooked through, 4 to 5 minutes per side. Form sandwiches with the rolls, sausage patties, and vegetable mixture.
great for guests
- These bite-size sandwiches make easy hors d'oeuvres. Cook the vegetables and form the patties up to a day in advance; broil the patties, reheat the vegetables, and assemble the sliders just before guests arrive.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:70.37, Inflammation Score:-10, Nutrition Score:28.97304391861%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg

Nutrients (% of daily need)

Calories: 972.65kcal (48.63%), Fat: 45.87g (70.58%), Saturated Fat: 13.32g (83.22%), Carbohydrates: 104.68g (34.89%), Net Carbohydrates: 99.56g (36.2%), Sugar: 15.96g (17.73%), Cholesterol: 86.18mg (28.73%), Sodium: 1926.75mg (83.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.91g (67.82%), Iron: 34.33mg (190.72%), Vitamin K: 148.61µg (141.54%), Vitamin A: 3745.32IU (74.91%), Vitamin C: 51.55mg (62.49%), Vitamin B1: 0.7mg (46.72%), Selenium: 28.64µg (40.91%), Vitamin B6: 0.53mg (26.51%), Folate: 88.08µg (22.02%), Vitamin B3: 4.24mg (21.19%), Manganese: 0.42mg (20.85%), Fiber: 5.12g (20.47%), Phosphorus: 194.34mg (19.43%), Vitamin B12: 1.03µg (17.2%), Vitamin B2: 0.28mg (16.62%), Potassium: 571.89mg (16.34%), Zinc: 2.33mg (15.52%), Magnesium: 46.9mg (11.73%), Vitamin E: 1.59mg (10.6%), Calcium: 80.14mg (8.01%), Copper: 0.15mg (7.48%), Vitamin B5: 0.74mg (7.38%)