



Sausage-Stuffed Cherry Pepper Poppers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



33 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound sausage italian
- ☐ 2 teaspoons olive oil divided
- ☐ 28 ounce pickled peppers red drained peppadew® (such as)

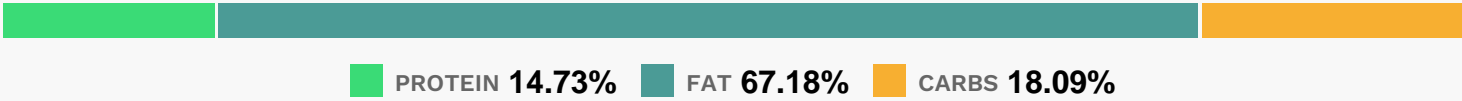
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Line 2 pie plates with aluminum foil.
- ☐ Pinch about 1/2 teaspoon sausage off and roll into a small oval shape. Stuff the sausage piece into a pepper. Repeat with remaining sausage and peppers.
- ☐ Drizzle 1 teaspoon olive oil into each foil-lined pie plate and divide the stuffed peppers into each one. Rotate the plates to roll and coat poppers in the oil.
- ☐ Roast poppers in the preheated oven until the sausage is cooked through and the poppers are very slightly dried out, about 20 minutes.
- ☐ Let cool before serving. Arrange onto a serving platter and sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0.32, Inflammation Score:-6, Nutrition Score:3.9169564895008%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 33.18kcal (1.66%), Fat: 2.54g (3.92%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.02g (0.37%), Sugar: 1.04g (1.16%), Cholesterol: 5.39mg (1.8%), Sodium: 52.81mg (2.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.51%), Vitamin C: 31.89mg (38.66%), Vitamin A: 776.67IU (15.53%), Vitamin B6: 0.09mg (4.67%), Vitamin B1: 0.05mg (3.58%), Folate: 11.98µg (2.99%), Vitamin E: 0.43mg (2.85%), Selenium: 1.78µg (2.55%), Vitamin B3: 0.47mg (2.37%), Fiber: 0.52g (2.08%), Potassium: 70.27mg (2.01%), Vitamin B2: 0.03mg (1.94%), Phosphorus: 16.51mg (1.65%), Manganese: 0.03mg (1.59%), Vitamin K: 1.37µg (1.3%), Zinc: 0.19mg (1.26%), Vitamin B5: 0.11mg (1.15%), Vitamin B12: 0.06µg (1.07%), Iron: 0.19mg (1.06%)