



Slow Cooker Italian Sausage Subs

READY IN



250 min.

SERVINGS



5

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bell pepper green sliced
- ☐ 19 ounce sausage italian bob evans®
- ☐ 1 small onion sliced
- ☐ 26 ounce tomato pasta sauce
- ☐ 5 slices provolone cheese
- ☐ 1 bell pepper red sliced
- ☐ 5 sub buns

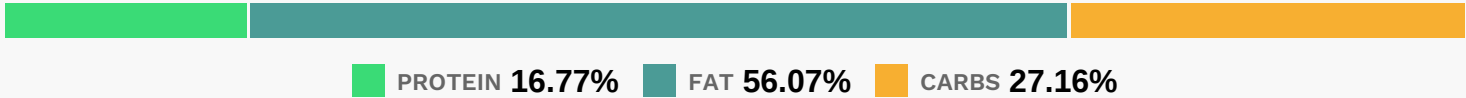
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In nonstick skillet over medium heat, cook sausage until brown.
- ☐ Place in slow cooker.
- ☐ Add peppers and onion. Top with pasta sauce. Cover and cook on low 4 to 6 hours until sausage is fully cooked.
- ☐ Place sausage in buns; top with peppers, onions, pasta sauce and cheese.

Nutrition Facts



Properties

Glycemic Index:48.4, Glycemic Load:26.45, Inflammation Score:-8, Nutrition Score:25.00608700773%

Flavonoids

Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 664.6kcal (33.23%), Fat: 41.57g (63.96%), Saturated Fat: 15.48g (96.78%), Carbohydrates: 45.3g (15.1%), Net Carbohydrates: 40.88g (14.87%), Sugar: 11.85g (13.17%), Cholesterol: 94.98mg (31.66%), Sodium: 1919.13mg (83.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.97g (55.95%), Vitamin C: 63.11mg (76.5%), Iron: 13.65mg (75.82%), Vitamin B1: 0.68mg (45.58%), Selenium: 30.45µg (43.5%), Vitamin A: 1639.04IU (32.78%), Vitamin B6: 0.62mg (31.04%), Phosphorus: 302.02mg (30.2%), Vitamin B3: 5.36mg (26.78%), Potassium: 848.91mg (24.25%), Vitamin B2: 0.37mg (21.67%), Vitamin B12: 1.26µg (20.96%), Zinc: 2.98mg (19.87%), Calcium: 197.33mg (19.73%), Fiber: 4.42g (17.67%), Vitamin E: 2.63mg (17.56%), Manganese: 0.3mg (14.79%), Copper: 0.29mg (14.29%), Magnesium: 49.15mg (12.29%), Vitamin B5: 1.21mg (12.12%), Folate: 39.77µg (9.94%), Vitamin K: 7.53µg (7.17%)