



## Slow-Cooker Sausage Pizza Sloppy Joes

READY IN



385 min.

SERVINGS



18

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 pounds ground sausage italian
- 2 cups bell pepper frozen thawed (from 1-pound bag)
- 0.5 cup pepperoni chopped
- 15 oz tomato sauce canned
- 0.5 teaspoon seasoning italian
- 1 cup roma tomatoes coarsely chopped (plum)
- 18 sandwich rolls
- 5 oz mozzarella cheese shredded

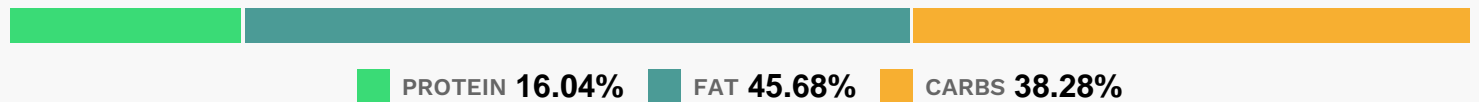
## Equipment

- frying pan
- slow cooker

## Directions

- Cook sausage in 10-inch skillet over medium-high heat 9 to 11 minutes, stirring occasionally, until no longer pink; drain.
- Spray 3- to 4-quart slow cooker with cooking spray.
- Mix sausage, stir-fry vegetables, pepperoni, pizza sauce and Italian seasoning in cooker.
- Cover and cook on Low heat setting 4 to 6 hours.
- Stir in tomatoes. To serve, fill buns with sausage mixture and sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:11.28, Glycemic Load:0.87, Inflammation Score:-7, Nutrition Score:14.302173789429%

## Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 349.73kcal (17.49%), Fat: 17.66g (27.16%), Saturated Fat: 6.22g (38.88%), Carbohydrates: 33.3g (11.1%), Net Carbohydrates: 31.1g (11.31%), Sugar: 2.97g (3.3%), Cholesterol: 37.99mg (12.66%), Sodium: 798.68mg (34.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.95g (27.89%), Selenium: 34.07µg (48.67%), Vitamin B1: 0.52mg (34.51%), Vitamin C: 25.4mg (30.79%), Vitamin B3: 4.29mg (21.43%), Vitamin B2: 0.32mg (18.68%), Manganese: 0.37mg (18.34%), Folate: 69.73µg (17.43%), Phosphorus: 157.43mg (15.74%), Vitamin A: 784.32IU (15.69%), Iron: 2.75mg (15.26%), Vitamin B6: 0.23mg (11.5%), Zinc: 1.64mg (10.91%), Calcium: 107.99mg (10.8%), Vitamin B12: 0.56µg (9.41%), Potassium: 308.73mg (8.82%), Fiber: 2.19g (8.78%), Copper: 0.17mg (8.25%), Magnesium: 29.95mg (7.49%), Vitamin E: 0.97mg (6.46%), Vitamin B5: 0.61mg (6.12%), Vitamin K: 3.56µg (3.39%)