



Smashed Sausage and Pepper Burgers

READY IN



35 min.

SERVINGS



8

CALORIES



900 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pounds bulk sausage sweet italian hot
- 1 teaspoon sea salt
- 4 bell peppers green seeded cut into strips
- 8 bakery hamburger buns
- 8 servings sauce red for serving your favorite
- 8 servings kosher salt and pepper black freshly ground
- 0.3 cup olive oil
- 8 slices whole-milk mozzarella
- 1 tablespoon vegetable oil

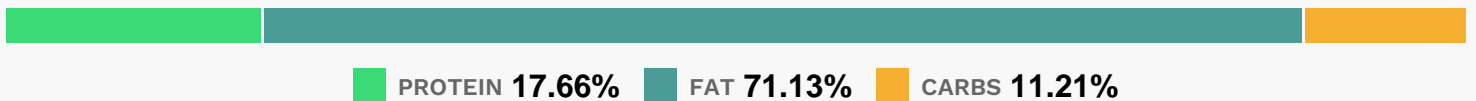
Equipment

- frying pan
- baking sheet
- oven
- baking pan

Directions

- Form the Italian sausage in 4-ounce patties a little bit wider than the buns you are using.
- Heat the oil in a cast-iron skillet over medium heat. In batches, cook each side of the patties until crisp and golden and no longer pink in the center, about 8 minutes a side.
- Line the cooked sausage patties on a parchment-lined baking sheet.
- Place some Sweet Peppers on top, then a slice of cheese. Broil in the oven until the cheese is melty and golden brown.
- Place on the griddled buns and serve with red sauce.
- Preheat the oven to 350 degrees F.
- Toss the pepper strips with the oil, garlic and some salt and pepper, and place in a 9-by-14-inch baking dish.
- Bake, stirring halfway through, until the peppers become lighter in color and soft, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:13.08, Inflammation Score:-6, Nutrition Score:24.370869719464%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 900.15kcal (45.01%), Fat: 70.41g (108.32%), Saturated Fat: 21.54g (134.62%), Carbohydrates: 24.96g (8.32%), Net Carbohydrates: 23.1g (8.4%), Sugar: 4.81g (5.35%), Cholesterol: 163.47mg (54.49%), Sodium: 1676.44mg (72.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.33g (78.67%), Vitamin B3: 12.75mg (63.77%), Vitamin C: 49.99mg (60.59%), Vitamin B1: 0.89mg (59.54%), Vitamin B6: 0.86mg (43.08%), Phosphorus: 369.78mg (36.98%), Zinc: 5.36mg (35.76%), Vitamin B12: 2.02µg (33.72%), Vitamin B2: 0.42mg (24.99%), Iron: 4.27mg (23.7%), Potassium: 725.97mg (20.74%), Vitamin D: 2.95µg (19.66%), Selenium: 11.98µg (17.11%), Manganese: 0.34mg (16.91%), Vitamin B5: 1.58mg (15.85%), Vitamin K: 14.75µg (14.04%), Vitamin E: 1.88mg (12.55%), Folate: 48.93µg (12.23%), Magnesium: 48.38mg (12.1%), Copper: 0.24mg (11.97%), Calcium: 98.7mg (9.87%), Vitamin A: 396.03IU (7.92%), Fiber: 1.86g (7.45%)