



Spicy Sausage and Peppers Sandwiches

READY IN



35 min.

SERVINGS



4

CALORIES



1120 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cloves garlic minced
- ☐ 1 small bell pepper green cut into 2-inch long strips
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion sliced cut in half and
- ☐ 2 teaspoons parmigiano-reggiano cheese grated
- ☐ 1 pound pork sausage sweet italian cut into 1-inch pieces
- ☐ 24 ounce spicy sausage sauce prego®

☐ 4 rolls hard

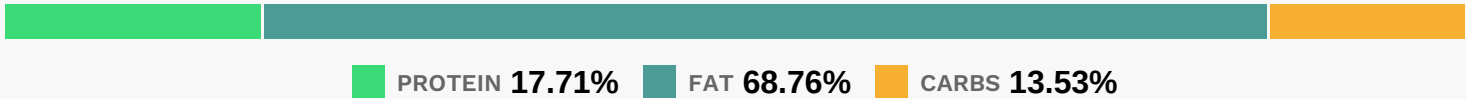
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a 12-inch skillet over medium-high heat.
- ☐ Add the sausage and cook for 5 minutes or until well browned, stirring occasionally.
- ☐ Pour off any fat.
- ☐ Add the green pepper, onion and salt and black pepper to the skillet and cook for 2 minutes or until the vegetables are tender-crisp, stirring occasionally.
- ☐ Add the garlic and cook and stir for 30 seconds.
- ☐ Stir in the sauce. Reduce the heat to medium-low. Cover and cook for 5 minutes or until the sausage is cooked through. Divide the sausage mixture among the rolls and sprinkle with the cheese.

Nutrition Facts



Properties

Glycemic Index:63.75, Glycemic Load:23.95, Inflammation Score:-4, Nutrition Score:24.039130366367%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg

Nutrients (% of daily need)

Calories: 1120.15kcal (56.01%), Fat: 84.62g (130.19%), Saturated Fat: 26.01g (162.59%), Carbohydrates: 37.47g (12.49%), Net Carbohydrates: 35.39g (12.87%), Sugar: 6.38g (7.09%), Cholesterol: 204.46mg (68.15%), Sodium: 2396.72mg (104.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.03g (98.07%), Iron: 14.02mg (77.9%), Vitamin B3: 13.48mg (67.39%), Vitamin B1: 0.81mg (54.05%), Vitamin B6: 0.97mg (48.67%), Zinc: 6.27mg (41.82%),

Phosphorus: 403.26mg (40.33%), Vitamin B12: 2.42µg (40.26%), Vitamin D: 3.69µg (24.59%), Vitamin C: 20.1mg (24.37%), Potassium: 798.46mg (22.81%), Vitamin B2: 0.36mg (21.45%), Vitamin B5: 1.98mg (19.8%), Magnesium: 46.11mg (11.53%), Copper: 0.22mg (11.02%), Vitamin E: 1.63mg (10.84%), Fiber: 2.08g (8.32%), Vitamin K: 7.11µg (6.77%), Manganese: 0.13mg (6.35%), Vitamin A: 286.55IU (5.73%), Calcium: 51.82mg (5.18%), Folate: 11.91µg (2.98%)