



Sweet Sausage and Pepper Crostini

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



329 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 baguette sliced
- 1 bay leaf
- 2 tablespoons basil fresh chopped
- 2 tablespoons thyme leaves fresh chopped
- 3 cloves garlic smashed chopped
- 2 large sausages sweet italian
- 8 servings olive oil
- 1 onion halved sliced

- 2 tablespoons oregano fresh chopped
- 2 bell peppers red
- 8 servings salt and pepper black freshly ground
- 2 bell peppers yellow
- 4 cups prosecco
- 4 cups prosecco

Equipment

- bowl
- frying pan
- oven

Directions

- Preheat the oven to 375 degrees F.
- Pour the prosecco into a deep skillet and bring to a simmer over medium heat.
- Add the smashed garlic, bay leaf and sausages. Simmer until the sausages are cooked through, about 15 minutes.
- Remove the sausages, reserve the cooking liquid, and let the sausages rest a few minutes. Bring the cooking liquid to a simmer and cook until reduced and slightly thickened into a sauce. Slice the sausages on the bias into thin slices.
- In a small bowl, combine the chopped garlic with a few tablespoons of olive oil and some salt and pepper.
- Brush the garlic and oil onto each baguette slice and bake until golden brown and crispy.
- Roast the peppers in the oven or over an open flame until almost blackened.
- Transfer the peppers to a bowl, cover and let steam and cool.
- Remove the skin and slice into thin slices.
- In a large saute pan, heat 2 tablespoons olive oil over medium heat.
- Saute the onions until translucent, and then add the peppers, basil, oregano and thyme and cook for 5 minutes.

To assemble the crostini: Top each bread slice with a slice of sausage, brush with reduced prosecco broth and top with the peppers and onions.

This recipe was created by a contestant during a cooking competition. The Food Network Kitchens have not tested it for home use, therefore, we cannot make any representation as to the results.

Nutrition Facts

 **PROTEIN 9.52%**  **FAT 64.41%**  **CARBS 26.07%**

Properties

Glycemic Index:38.84, Glycemic Load:11.14, Inflammation Score:-10, Nutrition Score:16.116521710935%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 329.36kcal (16.47%), Fat: 23.93g (36.82%), Saturated Fat: 5.33g (33.34%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 19.07g (6.93%), Sugar: 3.36g (3.73%), Cholesterol: 21.28mg (7.09%), Sodium: 401.97mg (17.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.92%), Vitamin C: 97.18mg (117.79%), Manganese: 0.58mg (29.23%), Vitamin B1: 0.38mg (25.04%), Vitamin A: 1123.95IU (22.48%), Vitamin K: 21.42µg (20.4%), Vitamin E: 2.85mg (18.97%), Selenium: 12.6µg (18%), Folate: 63.93µg (15.98%), Vitamin B3: 3mg (15.01%), Vitamin B6: 0.29mg (14.57%), Iron: 2.62mg (14.56%), Vitamin B2: 0.2mg (11.77%), Fiber: 2.72g (10.89%), Phosphorus: 92.86mg (9.29%), Potassium: 288.75mg (8.25%), Calcium: 77.36mg (7.74%), Magnesium: 28.21mg (7.05%), Zinc: 0.98mg (6.51%), Copper: 0.12mg (6.24%), Vitamin B5: 0.45mg (4.45%), Vitamin B12: 0.25µg (4.25%)