



WHATSheATE



Uncle Al's Sausage and Peppers Casserole

READY IN



61 min.

SERVINGS



8

CALORIES



416 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons basil leaves chopped for garnish
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounces button mushrooms
- ☐ 14 ounce canned tomatoes diced canned
- ☐ 4 marinated cherry peppers hot
- ☐ 3 cloves garlic chopped
- ☐ 1 pound green beans ends trimmed halved
- ☐ 1 bell pepper green cored seeded cut into 1-inch-wide strips
- ☐ 0.3 cup olive oil

- ☐ 1 teaspoon oregano dried
- ☐ 8 servings parmesan shaved for garnish
- ☐ 1 bell pepper red cored seeded cut into 1- inch-wide strips
- ☐ 1 medium onion red separated quartered
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 2 pounds turkey sausage fresh cut in 1/2 8 links
- ☐ 1 bell pepper yellow cored seeded cut into 1- inch-wide strips

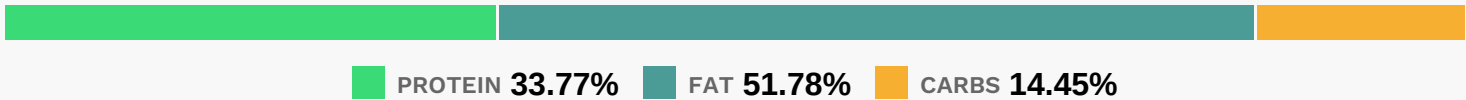
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Special equipment: Oval gratin dish
- ☐ Preheat oven to 375 degrees F.
- ☐ Heat 2 tablespoons of oil in a large skillet over medium heat.
- ☐ Add the sausage and cook, stirring occasionally, until browned, about 6 minutes. (Don't fully cook the sausage, as it will be finished in the oven.)
- ☐ Drain the fat from the skillet.
- ☐ Meanwhile, heat the remaining 2 tablespoons oil in a large skillet over medium-high heat.
- ☐ Add the onion and peppers and cook, stirring, until tender, about 2 minutes.
- ☐ Add in the remaining ingredients except for the mushrooms, cherry peppers, and Parmesan and cook, stirring occasionally, for another 3 minutes.
- ☐ Combine the sausage, vegetable mixture, mushrooms, and cherry peppers in the gratin dish.
- ☐ Bake uncovered until well browned, about 40 minutes.
- ☐ Serve garnished with basil leaves and Parmesan.

Nutrition Facts



Properties

Glycemic Index:43.63, Glycemic Load:3.23, Inflammation Score:-9, Nutrition Score:26.929130258768%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 415.62kcal (20.78%), Fat: 24.17g (37.18%), Saturated Fat: 8.18g (51.11%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 10.94g (3.98%), Sugar: 6.43g (7.14%), Cholesterol: 105.45mg (35.15%), Sodium: 1356.07mg (58.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.46g (70.92%), Vitamin C: 74.44mg (90.24%), Phosphorus: 487.77mg (48.78%), Calcium: 430.23mg (43.02%), Vitamin B6: 0.84mg (41.84%), Vitamin B3: 7.74mg (38.7%), Vitamin K: 37.28µg (35.51%), Vitamin B2: 0.59mg (34.8%), Zinc: 4.84mg (32.3%), Vitamin B12: 1.85µg (30.76%), Vitamin A: 1417.64IU (28.35%), Potassium: 800.13mg (22.86%), Vitamin B5: 2.1mg (20.98%), Manganese: 0.37mg (18.62%), Iron: 3.34mg (18.54%), Copper: 0.37mg (18.46%), Magnesium: 69.3mg (17.33%), Fiber: 4.24g (16.96%), Vitamin E: 2.41mg (16.06%), Vitamin B1: 0.24mg (15.72%), Selenium: 10.34µg (14.77%), Folate: 53.55µg (13.39%), Vitamin D: 0.21µg (1.38%)