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Sausage Recipe ♦♦

This recipe is a delicious and savory sausage dish that can be enjoyed for breakfast, lunch, or dinner. It is made with high-quality sausages and a variety of flavorful ingredients.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	sausages
100 g	onion
100 g	bell pepper
2 cloves	garlic
2 tbsp	olive oil

1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Stove

Heat olive oil in a pan over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add chopped onion and bell pepper to the pan and sauté until softened.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

Add minced garlic to the pan and cook for another minute.

Prep Time: 1 mins

Cook Time: 1 mins

Step 4

Stove

Push the vegetables to one side of the pan and add the sausages. Cook until browned on all sides.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Season with salt and black pepper to taste.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 18 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	12 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	18 g	64.29%	72%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Meal Type

Breakfast

Lunch

Snack

Supper

Kitchen Tools

Slow Cooker

Nutritional Content

Low Calorie

Events

Picnic

Cuisines

Italian

French

American

Course

Appetizers

Main Dishes

Side Dishes

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

Difficulty Level

Medium

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