

# Italian Grinder Sandwich

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-and-peppers-grinder-recipe>

## Ingredients:

- 1/2 pound Italian sausage
- 1/2 pound ground beef
- 1 teaspoon garlic salt
- 1/4 teaspoon red pepper flakes
- 1/2 onion diced
- 1/2 green pepper diced
- 14 ounces pizza sauce
- 2 loaves French bread sliced in half horizontally & vertically
- 1 cup mozzarella cheese grated
- 4 tablespoons butter softened
- 2 teaspoons garlic salt
- 1/2 pound Italian sausage
- 1/2 pound ground beef
- pepper
- onion
- 1/2 onion
- 1/2 green pepper
- red pepper flakes
- pizza sauce
- garlic salt
- 1 teaspoon garlic salt
- 14 ounces pizza sauce
- 5 min
- 400 French loaf F. Cut the split, into 2 separate sandwiches. Repeat with second loaf.
- 2 loaves French bread

## Nutrition:

1. Calories: 2150 calories
2. Carbohydrate: 256 grams

3. Cholesterol: 220 milligrams
  4. Fat: 82 grams
  5. Fiber: 16 grams
  6. Protein: 98 grams
  7. SaturatedFat: 30 grams
  8. Sodium: 4140 milligrams
  9. Sugar: 20 grams
  10. TransFat: 1 grams
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