



Asparagus and Turkey Sausage Skillet



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 19.5 oz turkey sausage italian lean cut into 1/2-inch slices
- ☐ 1 cup onion coarsely chopped
- ☐ 1 cup chicken broth (from 32-oz carton)
- ☐ 1 cup water
- ☐ 6 oz soup noodles uncooked
- ☐ 1 lb asparagus fresh trimmed cut into 1-inch pieces
- ☐ 2 tablespoons pimientos sliced (from 4-oz jar)

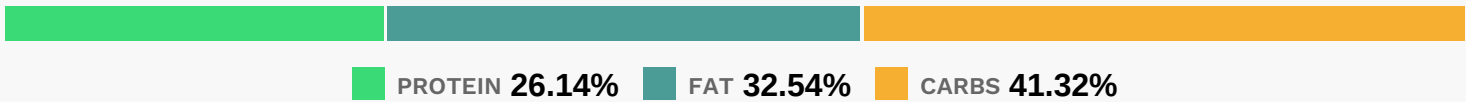
Equipment

☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Add sausage and onion; cook 2 minutes, stirring occasionally.
- ☐ Stir in broth and water.
- ☐ Heat to boiling. Stir in orzo; boil 2 minutes.
- ☐ Add asparagus and pimientos. Reduce heat to medium. Cover; return to boiling. Cook 8 to 10 minutes or until pasta is tender.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:14.37, Inflammation Score:-9, Nutrition Score:31.033912762352%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 8.47mg, Isorhamnetin: 8.47mg, Isorhamnetin: 8.47mg, Isorhamnetin: 8.47mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 23.97mg, Quercetin: 23.97mg, Quercetin: 23.97mg, Quercetin: 23.97mg

Nutrients (% of daily need)

Calories: 450.49kcal (22.52%), Fat: 16.46g (25.33%), Saturated Fat: 5.41g (33.82%), Carbohydrates: 47.04g (15.68%), Net Carbohydrates: 41.2g (14.98%), Sugar: 9.89g (10.99%), Cholesterol: 74.42mg (24.81%), Sodium: 1511.15mg (65.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.76g (59.51%), Iron: 16.53mg (91.82%), Selenium: 60.61µg (86.59%), Vitamin C: 59.12mg (71.67%), Vitamin K: 54.39µg (51.8%), Phosphorus: 410.54mg (41.05%), Vitamin B6: 0.76mg (37.89%), Manganese: 0.75mg (37.29%), Vitamin B3: 7.14mg (35.71%), Zinc: 4.29mg (28.59%), Vitamin B2: 0.48mg (27.97%), Copper: 0.53mg (26.45%), Vitamin A: 1257.4IU (25.15%), Fiber: 5.84g (23.35%), Vitamin B1: 0.33mg (22.06%), Folate: 85.8µg (21.45%), Magnesium: 78.67mg (19.67%), Potassium: 679.6mg (19.42%), Vitamin B5: 1.65mg (16.51%), Vitamin E: 1.7mg (11.34%), Vitamin B12: 0.61µg (10.1%), Calcium: 79.02mg (7.9%)