



## Devil's Mess

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 oz andouille sausage chopped
- 0.5 teaspoon pepper black freshly ground
- 10 large eggs
- 3 cloves garlic minced
- 6 servings hot sauce
- 0.5 teaspoon kosher salt
- 8 ounces mushrooms sliced
- 1 tablespoon olive oil

- 1 medium onion chopped
- 0.3 teaspoon chile flakes red to taste
- 6 ounces pkt spinach dried washed and thoroughly ( 2 qts.)

## Equipment

- bowl
- frying pan
- whisk
- tongs

## Directions

- Heat olive oil in a large nonstick frying pan over medium heat.
- Add onion, mushrooms, salt, and pepper, and stir often until onions are light golden, about 10 minutes.
- Increase heat to medium-high, add sausage, and stir often until sausage has browned slightly and released some fat, about 5 minutes.
- Meanwhile, in a medium bowl, whisk together eggs and 3 tbsp. water.
- Reduce heat to medium and add garlic and chile flakes. Stir until garlic is fragrant, about 1 minute.
- Add spinach to pan and toss with tongs until it has wilted, about 2 minutes.
- Transfer sausage-vegetable mixture to a bowl and wipe pan clean.
- Add eggs to pan and scramble just until set, 4 to 5 minutes, then gently stir in sausage-vegetable mixture.
- Serve with hot sauce if you like.

## Nutrition Facts

 **PROTEIN 27.88%**  **FAT 63.43%**  **CARBS 8.69%**

## Properties

Glycemic Index:25.5, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:23.041739256486%

## Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

## Nutrients (% of daily need)

Calories: 257kcal (12.85%), Fat: 18.25g (28.08%), Saturated Fat: 5.48g (34.27%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 4.21g (1.53%), Sugar: 2.29g (2.54%), Cholesterol: 334.38mg (111.46%), Sodium: 572.25mg (24.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.05g (36.1%), Vitamin K: 139.04µg (132.42%), Vitamin A: 3146.24IU (62.92%), Selenium: 35.58µg (50.83%), Vitamin B2: 0.64mg (37.88%), Phosphorus: 261.78mg (26.18%), Folate: 104.46µg (26.12%), Vitamin B5: 2.1mg (21.02%), Manganese: 0.37mg (18.44%), Vitamin B12: 1.03µg (17.24%), Vitamin B3: 3.41mg (17.05%), Vitamin B6: 0.33mg (16.73%), Iron: 2.87mg (15.92%), Potassium: 527.18mg (15.06%), Zinc: 2.17mg (14.47%), Vitamin D: 2.14µg (14.26%), Vitamin E: 2.08mg (13.89%), Vitamin C: 10.66mg (12.92%), Copper: 0.25mg (12.6%), Vitamin B1: 0.17mg (11.37%), Magnesium: 42.96mg (10.74%), Calcium: 86.51mg (8.65%), Fiber: 1.42g (5.67%)