



Family Sausage Supper

READY IN



30 min.

SERVINGS



6

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 oz pasta like spaghetti uncooked
- ☐ 4 tablespoons butter
- ☐ 0.3 cup onion chopped
- ☐ 0.3 cup bell pepper green chopped
- ☐ 4.5 oz mushrooms drained sliced
- ☐ 1 lb broccoli frozen
- ☐ 1 lb andouille smoked cut into 1/2-inch slices
- ☐ 1 teaspoons oregano dried
- ☐ 0.3 teaspoon garlic powder

☐

0.3 cup parmesan cheese grated

Equipment

☐

frying pan

☐

sauce pan

Directions

- ☐
- Cook vermicelli to desired doneness as directed on package.
- ☐
- Drain; rinse with hot water. Return to saucepan. Stir in 1 tablespoon of the margarine. Cover to keep warm.
- ☐
- Meanwhile, melt remaining 3 tablespoons margarine in large skillet over medium-high heat.
- ☐
- Add onion, bell pepper, mushrooms and broccoli; cook about 5 minutes or until broccoli is thawed, stirring frequently.
- ☐
- Reduce heat to medium.
- ☐
- Add sausage, oregano and garlic powder; mix well. Cook about 5 minutes or until thoroughly heated, stirring occasionally.
- ☐
- Place warm vermicelli on serving platter. Top with sausage and vegetable mixture.
- ☐
- Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:6.97, Inflammation Score:-8, Nutrition Score:21.101738971213%

Flavonoids

Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 5.97mg, Kaempferol: 5.97mg, Kaempferol: 5.97mg, Kaempferol: 5.97mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 417.9kcal (20.9%), Fat: 29.43g (45.28%), Saturated Fat: 9.33g (58.29%), Carbohydrates: 23.15g (7.72%), Net Carbohydrates: 20g (7.27%), Sugar: 2.66g (2.96%), Cholesterol: 57.3mg (19.1%), Sodium: 829.76mg (36.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.87g (31.75%), Vitamin C: 73.39mg (88.96%), Vitamin K: 79.76µg (75.96%), Selenium: 27.25µg (38.93%), Phosphorus: 217.54mg (21.75%), Manganese: 0.41mg (20.38%), Vitamin B3: 4.07mg (20.35%), Vitamin B12: 1.22µg (20.26%), Vitamin B2: 0.34mg (19.83%), Vitamin B1: 0.29mg (19.62%), Vitamin A: 869.65IU (17.39%), Vitamin B6: 0.34mg (17.07%), Zinc: 2.49mg (16.63%), Folate: 60.75µg (15.19%), Potassium: 529.41mg (15.13%), Fiber: 3.15g (12.62%), Vitamin B5: 1.21mg (12.05%), Copper: 0.22mg (10.79%), Iron: 1.84mg (10.24%), Magnesium: 40.9mg (10.23%), Calcium: 92.64mg (9.26%), Vitamin E: 1.01mg (6.73%), Vitamin D: 0.89µg (5.97%)