



## Hawaiian Smoked Sausage



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup smucker's® apricot preserves
- ☐ 3 tablespoons canola oil pure crisco®
- ☐ 1 tablespoon cornstarch
- ☐ 1 medium bell pepper green cut into 1-inch pieces
- ☐ 1 tablespoon ground ginger
- ☐ 2 cups pineapple chunks fresh canned drained
- ☐ 1 pound sausage smoked fully cooked sliced into 1/2-inch pieces
- ☐ 1 tablespoon soya sauce

- ☐ 3 medium tomatoes ripe seeded chopped
- ☐ 1 tablespoon vinegar
- ☐ 1 medium onion yellow sliced into 1/4-inch rings cut in half vertically, then

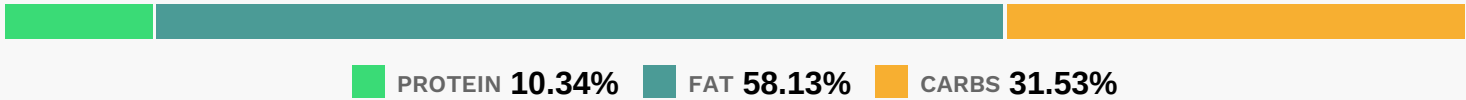
## Equipment

- ☐ frying pan

## Directions

- ☐ Add vegetable oil to 10-inch skillet and heat over medium heat. Cook and stir sliced sausage, green pepper, onion and tomatoes 5 to 10 minutes, until sausage is heated through and vegetables begin to soften.
- ☐ Combine cornstarch, ginger, vinegar, soy sauce and apricot preserves; stir into sausage mixture. Stir until mixture is bubbly and sauce begins to thicken.
- ☐ Add two cups of drained pineapple chunks. Reduce heat to low and stir until pineapple is heated through.
- ☐ Serve over cooked rice.

## Nutrition Facts



## Properties

Glycemic Index:35, Glycemic Load:1.63, Inflammation Score:-8, Nutrition Score:19.329130338586%

## Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg

## Nutrients (% of daily need)

Calories: 625.47kcal (31.27%), Fat: 41.13g (63.28%), Saturated Fat: 11.31g (70.71%), Carbohydrates: 50.21g (16.74%), Net Carbohydrates: 46.27g (16.83%), Sugar: 34.13g (37.92%), Cholesterol: 80.51mg (26.84%), Sodium: 1233.2mg

(53.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.46g (32.92%), Vitamin C: 52.32mg (63.42%), Manganese: 0.67mg (33.63%), Vitamin B1: 0.48mg (32.16%), Vitamin B12: 1.71µg (28.54%), Vitamin B3: 5.03mg (25.13%), Selenium: 16.87µg (24.1%), Vitamin B6: 0.48mg (23.88%), Potassium: 720.8mg (20.59%), Vitamin A: 999.22IU (19.98%), Zinc: 2.84mg (18.92%), Phosphorus: 174.94mg (17.49%), Vitamin K: 17.92µg (17.07%), Vitamin E: 2.51mg (16.76%), Copper: 0.32mg (16.11%), Fiber: 3.94g (15.75%), Vitamin B2: 0.27mg (15.67%), Magnesium: 52.98mg (13.25%), Iron: 2.38mg (13.24%), Folate: 33.76µg (8.44%), Vitamin D: 1.25µg (8.32%), Vitamin B5: 0.67mg (6.73%), Calcium: 53.91mg (5.39%)