



## Italian Sausage and Green Beans

READY IN



35 min.

SERVINGS



6

CALORIES



326 kcal

SIDE DISH

### Ingredients

- 1 lb ground sausage italian
- 1 box hawaiian rolls italian
- 1.8 cups milk
- 1.3 cups water hot
- 12 oz green beans frozen thawed
- 0.8 cup tomatoes coarsely chopped

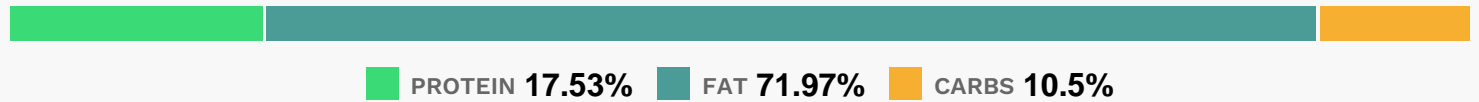
### Equipment

- frying pan

## Directions

- In 10-inch skillet, cook sausage over medium-high heat 5 to 7 minutes, stirring frequently, until no longer pink; drain.
- Stir in uncooked pasta and sauce mix (from Hamburger Helper box), milk and hot water.
- Heat to boiling, stirring occasionally. Reduce heat; cover and simmer 15 minutes, stirring occasionally. Stir in green beans; cover and simmer about 10 minutes longer or until beans and pasta are tender. Stir in tomato.
- Remove from heat.
- Cover; let stand 5 minutes (sauce will thicken as it stands).

## Nutrition Facts



## Properties

Glycemic Index:35.33, Glycemic Load:2.75, Inflammation Score:-5, Nutrition Score:13.26304354875%

## Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

## Nutrients (% of daily need)

Calories: 325.67kcal (16.28%), Fat: 26.13g (40.2%), Saturated Fat: 9.88g (61.74%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 6.82g (2.48%), Sugar: 5.77g (6.41%), Cholesterol: 66mg (22%), Sodium: 587.46mg (25.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.32g (28.65%), Vitamin B1: 0.52mg (34.9%), Selenium: 20.49µg (29.27%), Vitamin K: 26.07µg (24.83%), Phosphorus: 205.41mg (20.54%), Vitamin B6: 0.37mg (18.26%), Vitamin B12: 1.07µg (17.88%), Vitamin B2: 0.29mg (16.95%), Vitamin B3: 3.07mg (15.33%), Vitamin C: 10.98mg (13.31%), Vitamin A: 661.66IU (13.23%), Potassium: 461.99mg (13.2%), Calcium: 125.8mg (12.58%), Zinc: 1.82mg (12.13%), Manganese: 0.19mg (9.57%), Magnesium: 35.91mg (8.98%), Iron: 1.53mg (8.51%), Vitamin B5: 0.8mg (7.95%), Fiber: 1.76g (7.03%), Folate: 27.71µg (6.93%), Copper: 0.12mg (5.99%), Vitamin D: 0.78µg (5.22%), Vitamin E: 0.37mg (2.46%)