



## Italian Sausage Shells & Cheese

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups broccoli florets
- 14 oz canned tomatoes diced undrained canned
- 1 tsp penzey's southwest seasoning dried italian
- 6.5 oz oscar mayer natural herb sausage italian sliced uncured style ()
- 12 oz velveeta shells & cheese dinner
- 1.5 cups water

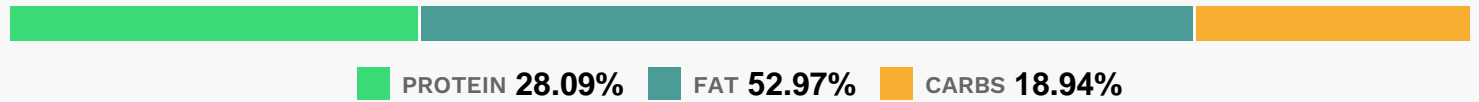
### Equipment

- frying pan

## Directions

- Cook sausage in large skillet on medium-high heat 5 min. or until evenly browned, stirring occasionally; drain. Return sausage to skillet.
- Add tomatoes, water and seasoning; mix well. Bring to boil.
- Add Shells; cover. Simmer on medium-low heat 7 to 8 min. or until heated through, stirring occasionally.
- Stir in broccoli; cook 5 min. or until crisp-tender, stirring frequently.
- Add Cheese Sauce; stir until blended.

## Nutrition Facts



## Properties

Glycemic Index:16.25, Glycemic Load:0.59, Inflammation Score:-8, Nutrition Score:21.944347982821%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

## Nutrients (% of daily need)

Calories: 362.38kcal (18.12%), Fat: 21.55g (33.16%), Saturated Fat: 10.17g (63.55%), Carbohydrates: 17.34g (5.78%), Net Carbohydrates: 14.97g (5.44%), Sugar: 10.38g (11.54%), Cholesterol: 68.89mg (22.96%), Sodium: 1803.32mg (78.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.72g (51.44%), Phosphorus: 982.64mg (98.26%), Vitamin C: 50.23mg (60.89%), Calcium: 554.32mg (55.43%), Vitamin K: 52.27µg (49.78%), Vitamin B2: 0.72mg (42.31%), Vitamin A: 1276.94IU (25.54%), Zinc: 3.46mg (23.09%), Potassium: 743.66mg (21.25%), Vitamin B6: 0.34mg (16.77%), Vitamin B3: 3.18mg (15.92%), Vitamin B1: 0.2mg (13.63%), Iron: 2.09mg (11.61%), Manganese: 0.2mg (9.84%), Folate: 38.13µg (9.53%), Fiber: 2.37g (9.47%), Vitamin E: 1.2mg (8%), Magnesium: 29.02mg (7.26%), Vitamin B5: 0.69mg (6.91%), Copper: 0.14mg (6.91%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.6µg (3.99%), Selenium: 1.26µg (1.8%)