



Johnsonville® Apple Chicken Sausage Sweet and Sour Stir Fry

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 servings rice white hot cooked
- 1 tablespoon brown sugar
- 1 tablespoon canola oil
- 12 ounce mild chicken sausage sliced johnsonville®
- 1 tablespoon cornstarch
- 2 tablespoons soy sauce reduced-sodium
- 8 ounce pineapple chunks drained canned

- 12 ounce savory vegetable frozen
- 0.3 cup water cold

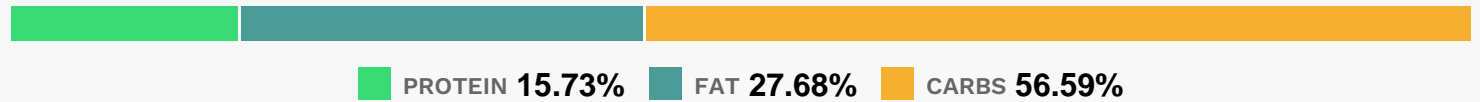
Equipment

- bowl
- frying pan

Directions

- In a large skillet, heat oil; stir-fry vegetables until crisp-tender.
- Add sausage and pineapple; cook and stir until heated through. In a small bowl, combine water, cornstarch, soy sauce, sugar and reserved pineapple juice.
- Add to skillet; bring to a boil, stirring constantly until thickened, about 2 minutes.
- Serve immediately over rice.

Nutrition Facts



Properties

Glycemic Index:21.24, Glycemic Load:25.03, Inflammation Score:-9, Nutrition Score:11.532173892726%

Nutrients (% of daily need)

Calories: 418.35kcal (20.92%), Fat: 13.12g (20.19%), Saturated Fat: 2.36g (14.76%), Carbohydrates: 60.36g (20.12%), Net Carbohydrates: 56.39g (20.51%), Sugar: 9.7g (10.78%), Cholesterol: 48.04mg (16.01%), Sodium: 962.77mg (41.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.77g (33.55%), Vitamin A: 3717.87IU (74.36%), Manganese: 0.7mg (34.8%), Fiber: 3.97g (15.87%), Vitamin C: 12.29mg (14.9%), Copper: 0.22mg (11.03%), Vitamin B1: 0.16mg (10.94%), Selenium: 7.51µg (10.72%), Phosphorus: 107.15mg (10.71%), Iron: 1.83mg (10.17%), Magnesium: 39.47mg (9.87%), Vitamin B6: 0.19mg (9.3%), Vitamin B3: 1.79mg (8.96%), Potassium: 279.16mg (7.98%), Folate: 28.52µg (7.13%), Vitamin B2: 0.11mg (6.19%), Zinc: 0.91mg (6.05%), Vitamin B5: 0.6mg (6.01%), Calcium: 41.56mg (4.16%), Vitamin E: 0.58mg (3.84%), Vitamin K: 2.36µg (2.25%)