



Johnsonville Apple Chicken Sausage Sweet and Sour Stir-Fry



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



15

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 servings brown white hot cooked
- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon canola oil
- ☐ 12 ounces johnsonville apple chicken sausage sliced
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons soya sauce reduced-sodium
- ☐ 8 ounces pineapple chunks drained canned

- ☐ 12 ounces stir-fry vegetables frozen
- ☐ 0.3 cup water cold

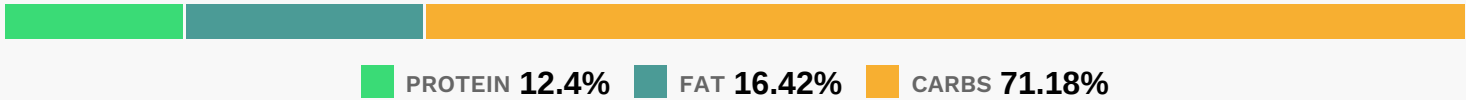
Equipment

- ☐ 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:7.08, Glycemic Load:23.1, Inflammation Score:-7, Nutrition Score:6.0365217872288%

Nutrients (% of daily need)

Calories: 251.38kcal (12.57%), Fat: 4.58g (7.04%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 44.64g (14.88%), Net Carbohydrates: 42.92g (15.61%), Sugar: 3.27g (3.63%), Cholesterol: 16.01mg (5.34%), Sodium: 322.46mg (14.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.56%), Manganese: 0.57mg (28.28%), Vitamin A: 1239.29IU (24.79%), Selenium: 7.13µg (10.19%), Phosphorus: 70.98mg (7.1%), Copper: 0.14mg (7.05%), Fiber: 1.72g (6.89%), Vitamin B6: 0.11mg (5.61%), Vitamin B3: 1.09mg (5.44%), Magnesium: 20.82mg (5.21%), Vitamin B5: 0.51mg (5.11%), Vitamin B1: 0.08mg (5.08%), Vitamin C: 4.1mg (4.97%), Iron: 0.86mg (4.75%), Zinc: 0.64mg (4.24%), Potassium: 128.32mg (3.67%), Folate: 11.96µg (2.99%), Vitamin B2: 0.05mg (2.95%), Calcium: 22.44mg (2.24%), Vitamin E: 0.23mg (1.5%)