



Johnsonville® Smoked Sausage Casserole

READY IN



60 min.

SERVINGS



6

CALORIES



496 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter melted
- 0.3 cup chicken stock see
- 10.8 ounce cream of chicken soup canned
- 3 cups cut green beans frozen cooked drained
- 13.5 ounce rope sausage smoked diced split johnsonville®
- 0.8 cup cup heavy whipping cream sour
- 6 ounce chicken-flavored stuffing mix

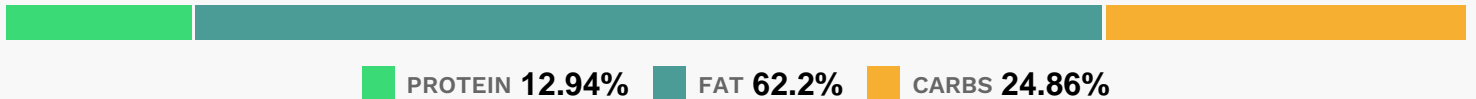
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- In a non-stick skillet, cook sausage over medium heat until lightly browned.
- Add prepared beans to skillet; remove from heat. In a small bowl, combine soup and sour cream.
- Pour over sausage mixture and stir gently.
- In a bowl, combine stuffing mix and butter. In a greased 2-1/2 quart baking dish, spoon one-half of stuffing mixture; cover with sausage mixture. Top with remaining stuffing mixture.
- Drizzle with chicken stock.
- Bake, covered, at 350 degrees F for 25 to 30 minutes or until heated through.
- Serve.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:2.65, Inflammation Score:-7, Nutrition Score:14.566956374956%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 495.64kcal (24.78%), Fat: 34.35g (52.84%), Saturated Fat: 14.55g (90.92%), Carbohydrates: 30.88g (10.29%), Net Carbohydrates: 28.49g (10.36%), Sugar: 5.61g (6.23%), Cholesterol: 87.97mg (29.32%), Sodium: 1252.65mg (54.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.08g (32.15%), Vitamin B3: 5.48mg (27.39%), Vitamin B1: 0.41mg (27.13%), Vitamin K: 27.42µg (26.11%), Selenium: 16.35µg (23.36%), Vitamin B2: 0.34mg (19.75%), Phosphorus: 190.45mg (19.05%), Vitamin A: 936.23IU (18.72%), Folate: 70.11µg (17.53%), Vitamin B6: 0.34mg (16.8%), Manganese: 0.33mg (16.4%), Iron: 2.94mg (16.35%), Zinc: 2.05mg (13.66%), Potassium: 421.08mg

(12.03%), Copper: 0.22mg (11.25%), Vitamin B12: 0.62µg (10.41%), Magnesium: 39.65mg (9.91%), Fiber: 2.39g (9.57%), Calcium: 92.41mg (9.24%), Vitamin C: 7.49mg (9.08%), Vitamin B5: 0.87mg (8.69%), Vitamin E: 1.06mg (7.08%), Vitamin D: 0.83µg (5.53%)