



Mac and Cheese Shells with Sausage

READY IN



25 min.

SERVINGS



4

CALORIES



680 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups chicken broth reduced-sodium (from 32-oz carton)
- 8 oz shells uncooked
- 1.5 cups peas sweet frozen
- 0.5 lb andouille smoked cut into 1/2-inch pieces cut in half lengthwise, then
- 8 oz processed cheese food shredded
- 3 tablespoons parmesan cheese grated

Equipment

- sauce pan

Directions

- In 3-quart saucepan, heat broth to boiling over medium-high heat.
- Add pasta shells; heat to boiling. Boil 6 minutes; do not drain. Reduce heat. Stir in peas and sausage. Cover; simmer 3 to 5 minutes or until shells are tender.
- Remove from heat.
- Add shredded cheese; toss gently until cheese is melted.
- Sprinkle with Parmesan cheese.

Nutrition Facts

PROTEIN 18.92% **FAT 48.09%** **CARBS 32.99%**

Properties

Glycemic Index:28.33, Glycemic Load:19.68, Inflammation Score:-7, Nutrition Score:25.829130670299%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 679.52kcal (33.98%), Fat: 36.27g (55.8%), Saturated Fat: 16.55g (103.45%), Carbohydrates: 55.98g (18.66%), Net Carbohydrates: 51.06g (18.57%), Sugar: 6.11g (6.79%), Cholesterol: 100.22mg (33.41%), Sodium: 1553.09mg (67.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.11g (64.23%), Selenium: 57.01µg (81.44%), Phosphorus: 666.87mg (66.69%), Calcium: 662.2mg (66.22%), Manganese: 0.79mg (39.51%), Vitamin B12: 1.93µg (32.24%), Vitamin B3: 6.4mg (32%), Zinc: 4.42mg (29.47%), Vitamin C: 21.75mg (26.36%), Vitamin B2: 0.4mg (23.58%), Vitamin B1: 0.35mg (23.51%), Copper: 0.41mg (20.57%), Vitamin A: 984.21IU (19.68%), Fiber: 4.91g (19.65%), Magnesium: 72.62mg (18.16%), Potassium: 600.24mg (17.15%), Vitamin B6: 0.32mg (16.01%), Iron: 2.85mg (15.83%), Vitamin K: 15.08µg (14.36%), Folate: 52.58µg (13.14%), Vitamin B5: 0.79mg (7.91%), Vitamin D: 0.98µg (6.55%), Vitamin E: 0.61mg (4.04%)