



Mac and Cheese Shells with Sausage

READY IN



25 min.

SERVINGS



4

CALORIES



701 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

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 20.06% **FAT 48.32%** **CARBS 31.62%**

Properties

Glycemic Index:28.33, Glycemic Load:19.49, Inflammation Score:-7, Nutrition Score:25.130000114441%

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: 700.5kcal (35.03%), Fat: 37.52g (57.73%), Saturated Fat: 17.2g (107.5%), Carbohydrates: 55.26g (18.42%), Net Carbohydrates: 50.35g (18.31%), Sugar: 5.02g (5.57%), Cholesterol: 100.22mg (33.41%), Sodium: 976.47mg (42.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.05g (70.09%), Selenium: 61.6µg (88%), Phosphorus: 563.11mg (56.31%), Calcium: 470.56mg (47.06%), Manganese: 0.77mg (38.64%), Zinc: 5.09mg (33.94%), Vitamin B3: 6.39mg (31.94%), Vitamin B2: 0.52mg (30.49%), Vitamin B12: 1.68µg (28.08%), Vitamin C: 21.75mg (26.36%), Vitamin B1: 0.36mg (24.04%), Vitamin A: 1016.53IU (20.33%), Copper: 0.4mg (20.2%), Fiber: 4.91g (19.65%), Magnesium: 73.19mg (18.3%), Vitamin B6: 0.33mg (16.43%), Potassium: 569.05mg (16.26%), Folate: 59.95µg (14.99%), Iron: 2.58mg (14.35%), Vitamin K: 14.97µg (14.25%), Vitamin B5: 0.8mg (7.97%), Vitamin D: 0.98µg (6.55%), Vitamin E: 0.58mg (3.85%)