



Macaroni and Cheese with Sausage, Peppers and Onions

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



137 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bell pepper thinly sliced
- 0.3 cup basil fresh
- 1 pound sausage italian
- 1 medium onion thinly sliced

Equipment

- frying pan

Directions

- Follow the recipe for Creamy Macaroni and Cheese.
- Heat a 10-inch skillet over medium-high heat. Cook sausage, breaking it up as it fries, until it loses its raw color, 3 to 4 minutes.
- Add onion and pepper slices, and saute until soft, about 5 minutes.
- Add basil, then stir mixture into macaroni.
- Serve hot.

Nutrition Facts

PROTEIN 16.45% **FAT 78.52%** **CARBS 5.03%**

Properties

Glycemic Index:13.08, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:4.8491304076236%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 137.15kcal (6.86%), Fat: 11.88g (18.28%), Saturated Fat: 4.27g (26.69%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.81g (0.9%), Cholesterol: 28.73mg (9.58%), Sodium: 277.1mg (12.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Vitamin C: 14.22mg (17.23%), Vitamin B1: 0.22mg (14.96%), Selenium: 9.43µg (13.47%), Vitamin B6: 0.15mg (7.7%), Vitamin A: 337.05IU (6.74%), Vitamin B3: 1.34mg (6.7%), Phosphorus: 59.19mg (5.92%), Vitamin B12: 0.34µg (5.73%), Zinc: 0.72mg (4.81%), Vitamin B2: 0.07mg (4.4%), Potassium: 131.41mg (3.75%), Iron: 0.52mg (2.91%), Manganese: 0.05mg (2.53%), Vitamin K: 2.6µg (2.47%), Folate: 9.67µg (2.42%), Vitamin B5: 0.24mg (2.37%), Magnesium: 7.72mg (1.93%), Copper: 0.04mg (1.87%), Fiber: 0.37g (1.49%), Vitamin E: 0.16mg (1.08%), Calcium: 10.49mg (1.05%)