



 **22%**  
HEALTH SCORE

## Sausage and Broccoli Skillet

READY IN



30 min.

SERVINGS



6

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 ounce broccoli frozen
- 10.8 ounce campbell's® condensed cream of celery soup fat free 98% canned (Regular or )
- 4.5 cups noodles corkscrew-shaped cooked drained
- 6 servings pepper red crushed
- 2 cloves garlic minced
- 0.5 cup milk
- 1 medium onion chopped
- 0.5 cup parmesan shredded
- 1.5 pounds pork sausage sweet italian

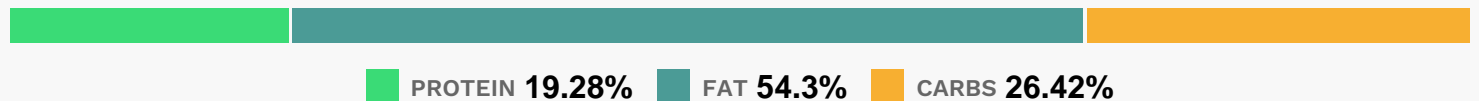
## Equipment

- bowl
- pot

## Directions

- Cook the sausage in a 6-quart saucepot over medium-high heat until the sausage is well browned, stirring frequently to break up meat.
- Reduce the heat to medium.
- Add the onion and garlic to the saucepot and cook until tender.
- Pour off fat.
- Stir the soup, milk, broccoli and 1/4 cup of the cheese into the saucepot.
- Heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the broccoli is tender, stirring occasionally.
- Put the pasta in a large serving bowl.
- Pour the sausage mixture over the pasta. Toss to coat.
- Sprinkle with the remaining cheese.
- Serve with red pepper, if desired.

## Nutrition Facts



## Properties

Glycemic Index:38.42, Glycemic Load:14.3, Inflammation Score:-8, Nutrition Score:27.644348061603%

## Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 6.05mg, Kaempferol: 6.05mg, Kaempferol: 6.05mg, Kaempferol: 6.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg

## Nutrients (% of daily need)

Calories: 605.57kcal (30.28%), Fat: 36.56g (56.25%), Saturated Fat: 12.59g (78.68%), Carbohydrates: 40.04g (13.35%), Net Carbohydrates: 35.16g (12.78%), Sugar: 4.44g (4.93%), Cholesterol: 95.34mg (31.78%), Sodium: 1184.06mg (51.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.21g (58.41%), Vitamin C: 70.01mg (84.86%), Vitamin K: 88.71µg (84.48%), Selenium: 28.97µg (41.39%), Phosphorus: 360.55mg (36.05%), Vitamin B3: 6.61mg (33.04%), Manganese: 0.63mg (31.33%), Vitamin B6: 0.62mg (31.19%), Vitamin B1: 0.42mg (28.33%), Vitamin A: 1390.74IU (27.81%), Zinc: 3.72mg (24.82%), Potassium: 716.61mg (20.47%), Calcium: 204.46mg (20.45%), Iron: 3.66mg (20.35%), Vitamin B2: 0.34mg (20.28%), Vitamin B12: 1.19µg (19.9%), Fiber: 4.89g (19.54%), Vitamin B5: 1.92mg (19.2%), Vitamin E: 2.36mg (15.73%), Magnesium: 61.32mg (15.33%), Folate: 60.6µg (15.15%), Copper: 0.29mg (14.52%), Vitamin D: 1.74µg (11.6%)