



## Sausage and Peppers With Parmesan Cheese Grits

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



751 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 garlic cloves minced
- 0.5 teaspoon garlic powder
- 19 ounce sausage sweet italian
- 1 teaspoons penzey's southwest seasoning italian
- 4 servings parmesan cheese grits
- 4 servings garnish: parmesan cheese shredded
- 0.5 teaspoon pepper

- 1 teaspoon salt
- 1 large onion sweet thinly sliced cut in half and
- 3 bell peppers green red yellow cut into strips

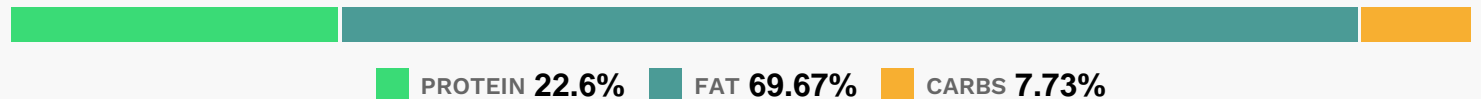
## Equipment

- frying pan

## Directions

- Remove sausage casings, and discard. Cook sausage and next 7 ingredients in a large skillet over medium-high heat, stirring until sausage crumbles and is no longer pink and vegetables are tender.
- Serve over Parmesan Cheese Grits; garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:41, Glycemic Load:1.22, Inflammation Score:-8, Nutrition Score:28.957826147909%

## Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 4.21mg, Luteolin: 4.21mg, Luteolin: 4.21mg, Luteolin: 4.21mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 14.01mg, Quercetin: 14.01mg, Quercetin: 14.01mg, Quercetin: 14.01mg

## Nutrients (% of daily need)

Calories: 750.88kcal (37.54%), Fat: 57.94g (89.15%), Saturated Fat: 25.09g (156.8%), Carbohydrates: 14.47g (4.82%), Net Carbohydrates: 11.87g (4.32%), Sugar: 6.82g (7.58%), Cholesterol: 143.14mg (47.71%), Sodium: 2536.89mg (110.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.3g (84.59%), Vitamin C: 78.91mg (95.64%), Calcium: 772.58mg (77.26%), Selenium: 47.65µg (68.07%), Phosphorus: 652.79mg (65.28%), Vitamin B1: 0.88mg (58.59%), Vitamin B6: 0.8mg (39.84%), Vitamin B12: 1.95µg (32.42%), Zinc: 4.33mg (28.87%), Vitamin B2: 0.47mg (27.78%), Vitamin B3: 5.12mg (25.59%), Potassium: 670.78mg (19.17%), Manganese: 0.35mg (17.45%), Vitamin A: 809.66IU (16.19%), Magnesium: 64.08mg (16.02%), Iron: 2.86mg (15.89%), Copper: 0.25mg (12.28%), Vitamin B5: 1.15mg (11.48%), Folate: 44.38µg (11.09%), Vitamin K: 11.42µg (10.87%), Fiber: 2.6g (10.41%), Vitamin E:

0.58mg (3.84%), Vitamin D: 0.3µg (2%)