



## Sausage and Vegetable Skillet

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14 oz turkey sausage fully cooked
- 2 cups zucchini chopped ( 2 small)
- 2 cups corn fresh whole frozen
- 2 cups grape tomatoes
- 0.3 cup water
- 0.3 teaspoon pepper

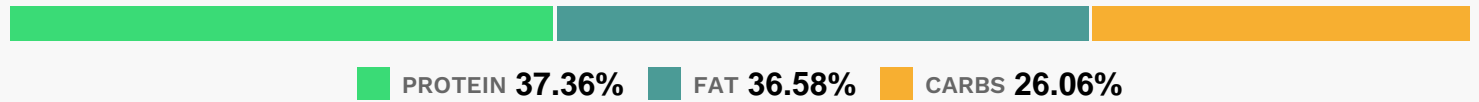
### Equipment

- frying pan

## Directions

- Heat 12-inch nonstick skillet 2 minutes over medium-high heat. Coat skillet with cooking spray; add sausage. Cook 5 minutes, turning once, until browned.
- Remove sausage from skillet; keep warm.
- Remove skillet from heat; spray generously with cooking spray.
- Add zucchini and corn; cook 4 minutes, stirring frequently. Stir in tomatoes, water and pepper, scraping skillet to loosen brown particles. Cover; cook 4 minutes or just until tomatoes begin to burst.
- Return sausage to skillet; cook uncovered 2 minutes longer or until liquid is almost evaporated.

## Nutrition Facts



## Properties

Glycemic Index:21.25, Glycemic Load:0.97, Inflammation Score:-7, Nutrition Score:13.729999912822%

## Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

## Nutrients (% of daily need)

Calories: 233.56kcal (11.68%), Fat: 9.44g (14.52%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 15.14g (5.05%), Net Carbohydrates: 13.59g (4.94%), Sugar: 3.51g (3.9%), Cholesterol: 74.42mg (24.81%), Sodium: 720.09mg (31.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.7g (43.4%), Vitamin C: 24.86mg (30.14%), Vitamin B6: 0.59mg (29.43%), Vitamin B3: 5.87mg (29.36%), Phosphorus: 248.01mg (24.8%), Zinc: 3.57mg (23.83%), Vitamin B12: 1.29µg (21.5%), Potassium: 687.01mg (19.63%), Vitamin B2: 0.32mg (18.59%), Vitamin A: 819.69IU (16.39%), Manganese: 0.27mg (13.67%), Folate: 52.79µg (13.2%), Vitamin B5: 1.21mg (12.07%), Magnesium: 46.82mg (11.7%), Iron: 1.77mg (9.83%), Vitamin B1: 0.14mg (9.55%), Copper: 0.19mg (9.47%), Vitamin K: 8.76µg (8.34%), Fiber: 1.55g (6.18%), Vitamin E: 0.61mg (4.05%), Calcium: 38.72mg (3.87%)