



Sausage Stir-fry

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1.3 cups chicken broth
- ☐ 1 tablespoon cornstarch
- ☐ 10 oz couscous plain
- ☐ 1 garlic clove minced
- ☐ 2 granny smith apples chopped
- ☐ 1 pound mild sausage links to package directions and coin italian hot
- ☐ 2 tablespoons orange juice fresh

- ☐ 1 teaspoon orange rind grated
- ☐ 0.3 cup pecans chopped
- ☐ 20 oz bite-size plums dried
- ☐ 1 bell pepper red thinly sliced
- ☐ 0.5 medium size onion red halved thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 bell pepper yellow thinly sliced

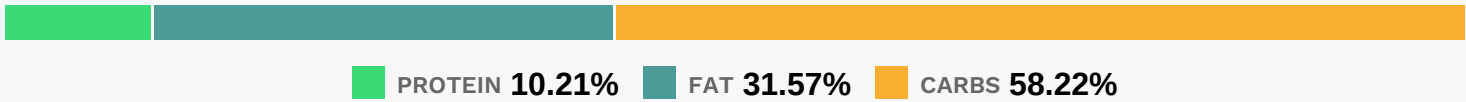
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Prepare couscous according to package directions. Keep warm.
- ☐ Heat pecans in a large nonstick skillet over medium-low heat, stirring often, 3 to 4 minutes or until toasted.
- ☐ Remove from skillet.
- ☐ Remove casing from sausage, and cut into 1/2-inch slices.
- ☐ Heat skillet or wok at medium-high heat 1 minute.
- ☐ Add sausage, and stir-fry 7 to 8 minutes or until done and no longer pink.
- ☐ Add bell peppers, onion, and garlic to skillet, and stir-fry 3 to 4 minutes or until tender.
- ☐ Add plums and apples, and stir-fry 1 1/2 to 2 minutes. Stir together chicken broth and next 5 ingredients until cornstarch is dissolved.
- ☐ Add to sausage mixture, and bring to a boil. Boil 1 to 2 minutes or until thickened.
- ☐ Serve over couscous.
- ☐ Sprinkle with toasted pecans.

Nutrition Facts



Properties

Glycemic Index:38.13, Glycemic Load:30.72, Inflammation Score:-8, Nutrition Score:20.310869341311%

Flavonoids

Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 577.48kcal (28.87%), Fat: 20.96g (32.25%), Saturated Fat: 6.74g (42.12%), Carbohydrates: 86.97g (28.99%), Net Carbohydrates: 78.14g (28.41%), Sugar: 36.22g (40.24%), Cholesterol: 43.83mg (14.61%), Sodium: 703.67mg (30.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.25g (30.49%), Vitamin C: 53.12mg (64.38%), Vitamin K: 44.06µg (41.96%), Manganese: 0.76mg (38%), Fiber: 8.84g (35.35%), Vitamin B1: 0.47mg (31.61%), Potassium: 877.87mg (25.08%), Vitamin B3: 4.88mg (24.42%), Vitamin B6: 0.46mg (23.24%), Vitamin A: 1085.94IU (21.72%), Phosphorus: 216.6mg (21.66%), Selenium: 14.77µg (21.1%), Copper: 0.42mg (20.85%), Vitamin B2: 0.31mg (18.4%), Magnesium: 64.53mg (16.13%), Zinc: 1.9mg (12.68%), Vitamin B5: 1.19mg (11.85%), Iron: 2.07mg (11.49%), Vitamin B12: 0.52µg (8.72%), Folate: 29.98µg (7.5%), Calcium: 64.18mg (6.42%), Vitamin E: 0.69mg (4.59%)