



Slow Cooker Sausage Florentine

 Vegetarian  Gluten Free

READY IN

ready

255 min.

SERVINGS

servings

6

CALORIES

calories

143 kcal

Ingredients

- ☐ 8 ounce mushrooms drained sliced canned
- ☐ 6 eggs
- ☐ 0.8 cup milk
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 10 ounce pkt spinach frozen dry thawed chopped

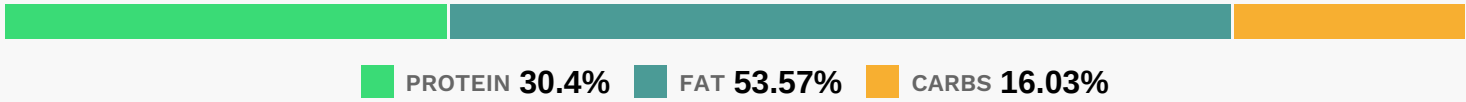
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Spray interior of slow cooker with non-stick vegetable spray.
- ☐ In medium skillet over medium heat, crumble and cook sausage until brown.
- ☐ Place sausage in slow cooker.
- ☐ Add spinach and mushrooms. Stir to combine.
- ☐ In small bowl, beat eggs and milk until mixed.
- ☐ Pour over sausage mixture. Cover and cook on low 4 to 6 hours. Five minutes before serving, top with Cheddar cheese. Recover to melt cheese.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.6, Inflammation Score:-10, Nutrition Score:20.414347793745%

Nutrients (% of daily need)

Calories: 142.79kcal (7.14%), Fat: 8.74g (13.45%), Saturated Fat: 3.79g (23.66%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 3.61g (1.31%), Sugar: 2.85g (3.17%), Cholesterol: 176.76mg (58.92%), Sodium: 331.27mg (14.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.32%), Vitamin K: 176.22µg (167.83%), Vitamin A: 5921.81IU (118.44%), Selenium: 21.14µg (30.2%), Folate: 95.7µg (23.93%), Vitamin B2: 0.4mg (23.44%), Phosphorus: 209.15mg (20.92%), Calcium: 193.84mg (19.38%), Manganese: 0.38mg (18.98%), Magnesium: 52.59mg (13.15%), Vitamin E: 1.92mg (12.81%), Vitamin B5: 1.18mg (11.78%), Iron: 1.98mg (10.98%), Vitamin B12: 0.66µg (10.94%), Zinc: 1.58mg (10.5%), Vitamin B6: 0.2mg (10.21%), Copper: 0.19mg (9.6%), Potassium: 325.96mg (9.31%), Fiber: 2.28g (9.11%), Vitamin D: 1.35µg (8.98%), Vitamin B1: 0.11mg (7.6%), Vitamin B3: 0.91mg (4.56%), Vitamin C: 2.6mg (3.15%)