



Smoked Sausage-and-Vegetable Pile-Up



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper refrigerated
- ☐ 2 cups corn kernels frozen
- ☐ 20 ounce garlic refrigerated mashed (such as Simply Potatoes)
- ☐ 1 cup onion refrigerated
- ☐ 7 ounces turkey sausage smoked diagonally sliced
- ☐ 1 cup zucchini refrigerated

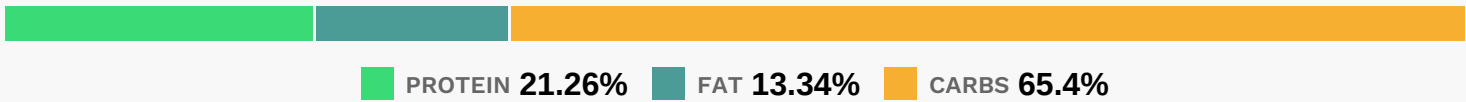
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium–high heat. Coat pan with cooking spray.
- ☐ Add sausage; saut 2 minutes or until browned.
- ☐ Remove from skillet; keep warm.
- ☐ Return pan to heat; coat with cooking spray.
- ☐ Add onion, bell pepper, and zucchini. Coat vegetables with cooking spray; saut 5 minutes or until tender and beginning to brown.
- ☐ While vegetables cook, heat potatoes according to package directions.
- ☐ Add corn and cooked sausage to onion mixture. Saut 4 minutes or until thoroughly heated.
- ☐ Serve sausage mixture over mashed potatoes.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:14.57, Inflammation Score:-9, Nutrition Score:30.363043308258%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg Quercetin: 10.88mg, Quercetin: 10.88mg, Quercetin: 10.88mg, Quercetin: 10.88mg

Nutrients (% of daily need)

Calories: 374kcal (18.7%), Fat: 5.97g (9.18%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 65.82g (21.94%), Net Carbohydrates: 59.44g (21.61%), Sugar: 9.09g (10.1%), Cholesterol: 37.21mg (12.4%), Sodium: 491.96mg (21.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.4g (42.8%), Manganese: 2.62mg (131.11%), Vitamin C: 102.87mg (124.69%), Vitamin B6: 2.21mg (110.44%), Phosphorus: 375.47mg (37.55%), Selenium: 20.92µg (29.88%), Potassium: 1024.54mg (29.27%), Calcium: 285.22mg (28.52%), Vitamin B1: 0.4mg (26.97%), Copper: 0.53mg (26.6%), Vitamin A: 1315.96IU (26.32%), Fiber: 6.39g (25.56%), Zinc: 3.69mg (24.57%), Vitamin B2: 0.42mg (24.51%), Vitamin B3: 4.65mg (23.23%), Iron: 3.57mg (19.84%), Vitamin B5: 1.87mg (18.72%), Magnesium: 69.57mg (17.39%), Folate: 69.25µg (17.31%), Vitamin B12: 0.64µg (10.75%), Vitamin E: 0.89mg (5.9%), Vitamin K: 5.73µg (5.46%)