



 **10%**
HEALTH SCORE

Smoked Sausage and Zucchini Saute

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

READY IN



40 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon garlic salt
- 0.3 teaspoon pepper black
- 1 tablespoon butter
- 1 tablespoon onion instant minced
- 0.3 teaspoon oregano dried
- 1 pound andouille smoked cut into 1 inch pieces
- 2 tomatoes chopped
- 2 zucchini

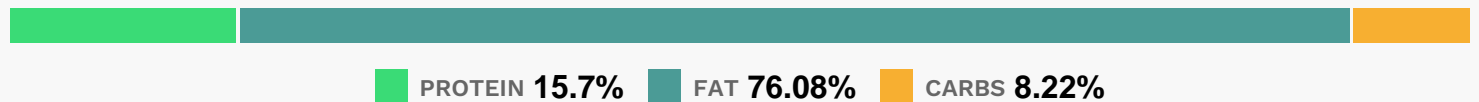
Equipment

- frying pan

Directions

- In a skillet over medium heat, brown the sausage.
- Remove sausage from skillet and set aside.
- Add margarine, zucchini, and onion to the skillet and cook until zucchini is crisp and tender. Return the browned sausage to the skillet and add garlic salt, oregano, and black pepper. Cook until all ingredients are hot.
- Add chopped tomatoes on top of the ingredients.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:1.01, Inflammation Score:-7, Nutrition Score:14.346956501836%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 395.87kcal (19.79%), Fat: 33.38g (51.36%), Saturated Fat: 11.13g (69.56%), Carbohydrates: 8.12g (2.71%), Net Carbohydrates: 6.27g (2.28%), Sugar: 4.18g (4.64%), Cholesterol: 80.51mg (26.84%), Sodium: 1296.38mg (56.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.5g (30.99%), Vitamin C: 26.16mg (31.71%), Vitamin B12: 1.72µg (28.6%), Vitamin B1: 0.36mg (24.24%), Vitamin B3: 4.48mg (22.39%), Selenium: 15.08µg (21.54%), Vitamin B6: 0.41mg (20.34%), Zinc: 2.82mg (18.8%), Potassium: 624.27mg (17.84%), Vitamin B2: 0.3mg (17.61%), Phosphorus: 175.25mg (17.52%), Vitamin A: 836.35IU (16.73%), Manganese: 0.31mg (15.58%), Magnesium: 38.93mg (9.73%), Iron: 1.73mg (9.6%), Vitamin K: 10.06µg (9.59%), Folate: 38.11µg (9.53%), Vitamin D: 1.25µg (8.32%), Copper: 0.16mg (8%), Vitamin B5: 0.76mg (7.63%), Fiber: 1.85g (7.38%), Vitamin E: 0.58mg (3.89%), Calcium: 34.12mg (3.41%)