



Smoked Sausage in Mushroom Wine Gravy

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

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 ounce mushroom gravy mix dry
- ☐ 4 ounces mushrooms sliced
- ☐ 0.3 cup red wine
- ☐ 1 pound sausage smoked sliced
- ☐ 1 cup water

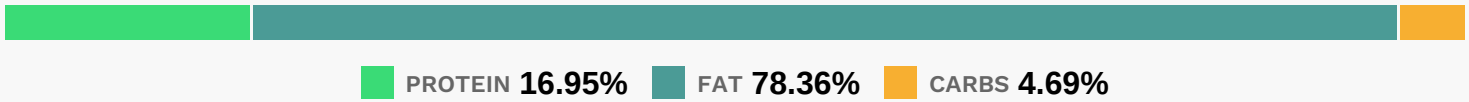
Equipment

- ☐ sauce pan

Directions

- ☐ In a saucepan, stir together the gravy mix, red wine, and water. Bring to a boil, stirring constantly. Reduce heat, and simmer 1 minute.
- ☐ Mix in the sausage and mushrooms. Season with pepper. Continue to simmer until heated through.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:9.915652104289%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 362.75kcal (18.14%), Fat: 30.25g (46.54%), Saturated Fat: 10.46g (65.36%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 3.6g (1.31%), Sugar: 0.78g (0.87%), Cholesterol: 80.51mg (26.84%), Sodium: 967.12mg (42.05%), Alcohol: 1.59g (100%), Alcohol %: 0.91% (100%), Protein: 14.72g (29.44%), Vitamin B12: 1.72µg (28.73%), Selenium: 17.84µg (25.48%), Vitamin B3: 4.93mg (24.63%), Vitamin B1: 0.32mg (21.31%), Vitamin B2: 0.32mg (19.02%), Zinc: 2.62mg (17.5%), Phosphorus: 155.51mg (15.55%), Vitamin B6: 0.25mg (12.36%), Vitamin B5: 1.01mg (10.11%), Potassium: 343.01mg (9.8%), Copper: 0.18mg (9.01%), Vitamin D: 1.33µg (8.84%), Iron: 1.39mg (7.73%), Manganese: 0.12mg (5.96%), Magnesium: 20.04mg (5.01%), Folate: 10.24µg (2.56%), Fiber: 0.48g (1.92%), Calcium: 12.98mg (1.3%)