



Spicy Turkey Sausage With Black-Eyed Peas and Spinach

 Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce baby spinach
- 0.3 teaspoon pepper black freshly ground
- 15 oz black-eyed peas drained canned
- 14.5 oz canned tomatoes diced canned
- 0.3 teaspoon cayenne
- 1 teaspoon garlic chopped
- 1 tablespoon olive oil

- 0.3 teaspoon paprika
- 1 pound turkey kielbasa sliced

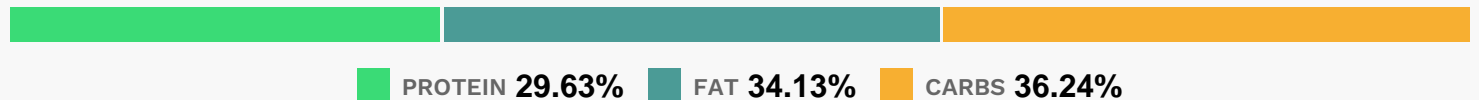
Equipment

- frying pan

Directions

- Heat oil in a large frying pan over medium-high heat and add sausage. Cook, stirring occasionally, until browned. Stir in garlic and cook until fragrant, about 2 minutes.
- Transfer sausage to a plate, then add remaining ingredients to pan and simmer about 10 minutes. Return sausage to pan and serve over cooked rice if you like.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:6.64, Inflammation Score:-10, Nutrition Score:41.606956658156%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 369.38kcal (18.47%), Fat: 14.44g (22.22%), Saturated Fat: 4.98g (31.11%), Carbohydrates: 34.49g (11.5%), Net Carbohydrates: 23.85g (8.67%), Sugar: 9.91g (11.02%), Cholesterol: 60.1mg (20.03%), Sodium: 1563.79mg (67.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.21g (56.41%), Vitamin K: 350.54µg (333.85%), Vitamin A: 7059.65IU (141.19%), Folate: 376.15µg (94.04%), Iron: 16.55mg (91.96%), Vitamin C: 64.7mg (78.43%), Manganese: 1.25mg (62.64%), Phosphorus: 431.99mg (43.2%), Fiber: 10.64g (42.57%), Selenium: 28.78µg (41.11%), Vitamin B6: 0.81mg (40.3%), Magnesium: 152.8mg (38.2%), Potassium: 1117.69mg (31.93%), Vitamin B3: 5.97mg (29.84%), Copper: 0.58mg (28.95%), Zinc: 4.32mg (28.83%), Vitamin B1: 0.4mg (26.62%), Vitamin B2: 0.45mg (26.4%), Vitamin E: 3.12mg (20.78%), Calcium: 153.77mg (15.38%), Vitamin B12: 0.49µg (8.13%), Vitamin B5: 0.61mg (6.14%), Vitamin D: 0.23µg (1.51%)