



Turkey Sausage Noodles

READY IN



20 min.

SERVINGS



4

CALORIES



521 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons flour all-purpose
- 2 tablespoons olive oil
- 1 large onion chopped
- 1 cup peas green frozen
- 9 ounce japanese ramen noodles flavored
- 0.3 cup cream sour
- 0.5 pound turkey sausage cut into pieces
- 2 cups water

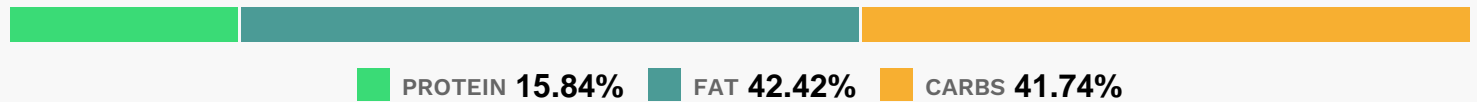
Equipment

- bowl
- frying pan
- whisk
- pot

Directions

- In a large skillet, warm oil over medium heat and saute sausage and onion for 10 minutes. Meanwhile, bring a large pot of water to a boil.
- In a small bowl, whisk together 2 seasoning packets from ramen noodles, flour and water until smooth; add this sauce and peas to skillet.
- Bring mixture to a boil, cover and cook for 5 minutes or until heated through.
- Add noodles to large pot of boiling water and cook for 3 minutes; drain.
- Remove sausage mixture from heat and stir in sour cream; do not boil.
- Mix in noodles and serve.

Nutrition Facts



Properties

Glycemic Index:48.33, Glycemic Load:23.6, Inflammation Score:-7, Nutrition Score:18.234347826087%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 521.17kcal (26.06%), Fat: 24.58g (37.81%), Saturated Fat: 8.4g (52.49%), Carbohydrates: 54.4g (18.13%), Net Carbohydrates: 50.08g (18.21%), Sugar: 5.15g (5.72%), Cholesterol: 51.01mg (17%), Sodium: 1648.85mg (71.69%),

Protein: 20.65g (41.3%), Vitamin B1: 0.86mg (57.38%), Vitamin B3: 6.36mg (31.8%), Folate: 116.76µg (29.19%), Manganese: 0.57mg (28.48%), Phosphorus: 243.29mg (24.33%), Vitamin B2: 0.41mg (23.99%), Iron: 4.14mg (23.02%), Vitamin C: 18.9mg (22.91%), Vitamin B6: 0.41mg (20.72%), Zinc: 2.89mg (19.26%), Fiber: 4.32g (17.29%), Vitamin K: 17.22µg (16.4%), Vitamin B12: 0.93µg (15.45%), Vitamin E: 2.16mg (14.38%), Selenium: 9.66µg (13.8%), Copper: 0.27mg (13.39%), Potassium: 429.99mg (12.29%), Magnesium: 45.01mg (11.25%), Vitamin B5: 0.91mg (9.11%), Vitamin A: 417.8IU (8.36%), Calcium: 65.94mg (6.59%)