



VELVEETA® Sausage Skillet

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups broccoli florets
- 14 oz canned tomatoes diced undrained canned
- 1 tsp penzey's southwest seasoning dried italian
- 6.5 oz oscar mayer natural uncured turkey sausage ()
- 12 oz velveeta shells & cheese dinner made 2% with milk cheese
- 1 cup water

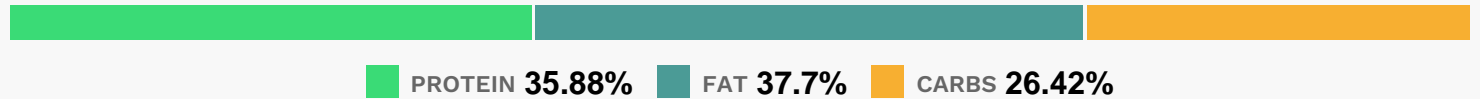
Equipment

- frying pan

Directions

- Cook turkey sausage in large skillet on medium-high heat 5 min. or until lightly browned, stirring occasionally; drain.
- Stir in tomatoes, water and seasoning. Bring to boil.
- Add Shells; cover. Simmer on medium-low heat 7 min., stirring occasionally.
- Add broccoli; cook 5 min. or until crisp-tender. Stir in Cheese Sauce until blended.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:3.8582608557266%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 49.38kcal (2.47%), Fat: 2.11g (3.25%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 2.81g (1.02%), Sugar: 1.98g (2.2%), Cholesterol: 11.24mg (3.75%), Sodium: 283.38mg (12.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.05%), Phosphorus: 162.38mg (16.24%), Vitamin C: 8.14mg (9.87%), Calcium: 89.76mg (8.98%), Vitamin K: 8.71µg (8.3%), Vitamin B2: 0.12mg (7.23%), Vitamin A: 219.87IU (4.4%), Zinc: 0.64mg (4.27%), Potassium: 136.69mg (3.91%), Vitamin B6: 0.07mg (3.45%), Vitamin B3: 0.58mg (2.91%), Manganese: 0.05mg (2.47%), Iron: 0.39mg (2.17%), Fiber: 0.52g (2.09%), Copper: 0.04mg (2.05%), Vitamin E: 0.28mg (1.85%), Folate: 7.19µg (1.8%), Vitamin B5: 0.16mg (1.62%), Magnesium: 6.39mg (1.6%), Vitamin B12: 0.1µg (1.6%), Vitamin B1: 0.02mg (1.53%)