



Wacky Mac® Pizza Skillet Dinner

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup wine dry white
- 12 ounces mild chicken sausage italian cooked sliced
- 1 large garlic clove minced
- 0.5 cup baby mozzarella balls fresh thinly sliced (see note)
- 1 cup mushrooms sliced
- 1 tablespoon olive oil
- 1 small onion thinly sliced quartered
- 0.5 teaspoon oregano dried crushed

- 0.3 teaspoon pepper
- 3 medium plum tomatoes diced cored
- 0.5 teaspoon pepper red crushed to taste
- 0.3 teaspoon salt to taste

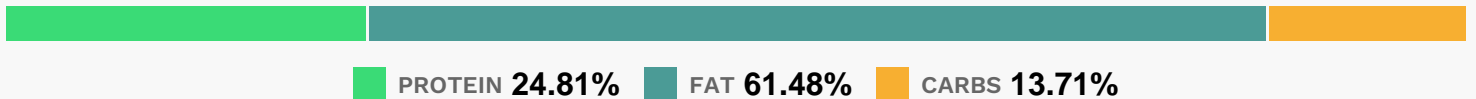
Equipment

- frying pan

Directions

- Heat oil in very large nonstick skillet over medium heat.
- Add onion, garlic and mushrooms. Cook for 7 to 10 minutes, stirring frequently, or until vegetables are tender. Stir in sausage, oregano and red pepper flakes. Brown sausage for 2 to 3 minutes, stirring occasionally.
- Add tomatoes and wine. Cook over medium-high heat for 2 minutes, or until tomatoes are pulpy, stirring frequently. Season with salt and pepper. Stir in Wacky Mac and heat through over medium heat. Scatter mozzarella on top.
- Heat through for 1 to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:1.16, Inflammation Score:-7, Nutrition Score:5.3086956830128%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 268.04kcal (13.4%), Fat: 18.41g (28.33%), Saturated Fat: 3.92g (24.47%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 7.9g (2.87%), Sugar: 3.64g (4.05%), Cholesterol: 64.54mg (21.51%), Sodium: 1033.62mg (44.94%), Alcohol: 1.54g (100%), Alcohol %: 0.95% (100%), Protein: 16.72g (33.44%), Vitamin A: 767.05IU (15.34%), Vitamin C: 9.6mg (11.64%), Vitamin K: 7.95µg (7.57%), Manganese: 0.15mg (7.5%), Vitamin B2: 0.12mg (6.88%), Iron: 1.23mg (6.81%), Potassium: 235.48mg (6.73%), Calcium: 62.24mg (6.22%), Vitamin B3: 1.23mg (6.13%), Vitamin E: 0.9mg (6.03%), Copper: 0.12mg (5.96%), Vitamin B6: 0.11mg (5.41%), Fiber: 1.34g (5.34%), Vitamin B5: 0.44mg (4.4%), Phosphorus: 42.04mg (4.2%), Folate: 15.24µg (3.81%), Selenium: 2.51µg (3.59%), Vitamin B1: 0.05mg (3.21%), Magnesium: 11.98mg (2.99%), Zinc: 0.28mg (1.86%)