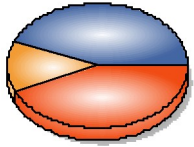




## Chicken Sausage and Denver Saute

Recipe grams: 681.93g/24.1oz

Serves 2 340.97g/12.0oz per serving



Protein: 44%  
Carbohydrates: 13%  
Fat: 43%

### INGREDIENTS

8 cup SPINACH, RAW  
2 tsp OLIVE OIL, EXTRA VIRGIN  
2.00 servings SAUSAGE, HOME MADE CHICKEN ITALIAN  
1/2 cup ONION, YELLOW, SAUTEED, CHOPPED  
1 cup GREEN PEPPER, SWEET, RAW (BELL), CHOPPED  
1 cup MUSHROOM, RAW

### DIRECTIONS

Place Spinach in microwave safe bowl and microwave for 3 minutes. Add salt and pepper to taste. Divide between two plates.

Heat olive oil in nonstick skillet on medium heat. Add sausage, and vegetables and saute until cooked through.

Nutrition Facts	
Serving Size: 1 serving (341.0g)	
Servings: 1	
Amount Per Serving	
Calories 220	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>16%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 820mg	<b>34%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 5g	<b>22%</b>
Sugars 3g	
<b>Protein</b> 23g	
Vitamin A 240%	• Vitamin C 160%
Calcium 15%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet.	