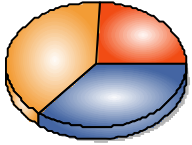




Chicken Sausage and Denver Saute

Recipe grams: 681.93g/24.1oz

Serves 2 340.97g/12.0oz per serving



Protein: 43%
 Carbohydrates: 22%
 Fat: 36%

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 80
		% Daily Value*
Total Fat	9g	15%
Saturated Fat	1g	6%
Trans Fat	0g	
Cholesterol	45mg	15%
Sodium	780mg	30%
Total Carbohydrate	12g	4%
Dietary Fiber	5g	20%
Sugars	3g	
Protein	24g	
Vitamin A	240%	• Vitamin C 160%
Calcium	15%	• Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet.		