

Italian Sausage and Zucchini Stir-Fry

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 4

1 pound sweet Italian sausage, sliced into 3/4-inch pieces

1/2 cup onion, chopped

4 cups zucchini, unpared and shredded

1 teaspoon lemon juice

1/4 teaspoon salt

1/4 teaspoon hot pepper sauce

1/4 cup Parmesan cheese, grated

In a skillet or wok, brown the sausage over medium heat, stirring occasionally. Pour off the excess fat.

Add the onions. Cover and cook over low heat for 5 minutes.

Add the zucchini, lemon juice, salt and hot pepper sauce. Cook, uncovered, for 5 minutes, stirring occasionally.

Sprinkle with Parmesan cheese before serving.

Per Serving (excluding unknown items): 48 Calories; 2g Fat (29.1% calories from fat); 4g Protein; 6g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 238mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	48
% Calories from Fat:	29.1%
% Calories from Carbohydrates:	42.5%
% Calories from Protein:	28.4%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	4mg
Carbohydrate (g):	6g
Dietary Fiber (g):	2g
	4g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	32mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value:	0.0%

Food Exchanges

Grain (Starch):	0
	1/2
	1

Protein (g):
Sodium (mg): 238mg
Potassium (mg): 346mg
Calcium (mg): 92mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 13mg
Vitamin A (i.u.): 458IU
Vitamin A (r.e.): 53RE

Lean Meat:
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 48 Calories from Fat: 14

% Daily Values*

Total Fat	2g	3%
Saturated Fat	1g	5%
Cholesterol	4mg	1%
Sodium	238mg	10%
Total Carbohydrates	6g	2%
Dietary Fiber	2g	7%
Protein	4g	

Vitamin A	9%
Vitamin C	22%
Calcium	9%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.