



Chicken Sausage Kale Skillet

Prep Time 10 mins
 Total Time 15 mins
 Meal Type Breakfast,Lunch,Dinner
 Contributed By



Source Living Plate Teaching Kitchen

Servings 2



Ingredients

lb,c g,ml

- 12 oz sausage, chicken, uncured and unsweetened (gluten-free)
- 8 oz kale, *spines removed and chopped*

Directions

Prep

1. Remove spines from kale and chop leaves.
2. Slice sausage.
3. Preheat heavy skillet.

Make

1. Add sausage to skillet and brown on all sides.
2. Stir in kale and remove from heat. Cover to allow kale to wilt.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

| Nutrition Facts | | Amount/serving | % Daily Value* | Amount/serving | % Daily Value* |
|---|------------|------------------------|----------------|--------------------------------|----------------|
| Calories per serving | 340 | Total Fat 17.7g | 27% | Total Carbohydrates 17g | 5% |
| | | Saturated Fat 3.2g | 15% | Dietary Fiber 5g | 18% |
| | | Trans Fat 0.0g | | Total Sugars 7g | |
| | | Cholesterol 0mg | 0% | Protein 31g | |
| | | Sodium 60mg | 2% | | |
| Vitamin D 0mcg 0% · Calcium 288mg 28% · Iron 2mg 10% · Potassium 395mg 8% | | | | | |

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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