

# Sausage Sauce Piquant

Mrs. Lloyd T. Leake

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Servings: 4

1 pound smoked sausage, sliced  
2 tablespoons cooking oil  
2 tablespoons flour  
1 medium onion, chopped  
1/2 bell pepper, chopped  
1 can (16 ounce) tomatoes  
2 cups water  
salt (to taste)  
pepper (to taste)

In a skillet, brown the sausage. Drain well. Set aside.

Make a roux by browning oil and flour, stirring constantly.

Add the onion and bell pepper. Saute'.

Add the sausage, tomatoes, water, salt and pepper.

Cover and simmer for at least one hour.

Serve over rice.

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Per Serving (excluding unknown items): 477 Calories; 41g Fat (78.4% calories from fat); 16g Protein; 9g Carbohydrate; 1g Dietary Fiber; 81mg Cholesterol; 1080mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 7 Fat.

Pork

## Per Serving Nutritional Analysis

Calories (kcal):	477
% Calories from Fat:	78.4%
% Calories from Carbohydrates:	7.9%
% Calories from Protein:	13.7%
Total Fat (g):	41g
Saturated Fat (g):	13g
Monounsaturated Fat (g):	18g
Polyunsaturated Fat (g):	8g
Cholesterol (mg):	81mg
	9g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	1.7mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	16mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0.0%

## Food Exchanges

<b>Carbohydrate (g):</b>		<b>Grain (Starch):</b>	0
<b>Dietary Fiber (g):</b>	1g	<b>Lean Meat:</b>	2
<b>Protein (g):</b>	16g	<b>Vegetable:</b>	1
<b>Sodium (mg):</b>	1080mg	<b>Fruit:</b>	0
<b>Potassium (mg):</b>	356mg	<b>Non-Fat Milk:</b>	0
<b>Calcium (mg):</b>	23mg	<b>Fat:</b>	7
<b>Iron (mg):</b>	2mg	<b>Other Carbohydrates:</b>	0
<b>Zinc (mg):</b>	3mg		
<b>Vitamin C (mg):</b>	42mg		
<b>Vitamin A (i.u.):</b>	286IU		
<b>Vitamin A (r.e.):</b>	28 1/2RE		

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 477 Calories from Fat: 374

### % Daily Values\*

<b>Total Fat</b>	41g	64%
Saturated Fat	13g	65%
<b>Cholesterol</b>	81mg	27%
<b>Sodium</b>	1080mg	45%
<b>Total Carbohydrates</b>	9g	3%
Dietary Fiber	1g	5%
<b>Protein</b>	16g	

<b>Vitamin A</b>	6%
<b>Vitamin C</b>	71%
<b>Calcium</b>	2%
<b>Iron</b>	12%

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