



15-Minute Sausage & Rice Skillet

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



15

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14.5 oz canned tomatoes diced undrained canned
- 0.5 tsp pepper red crushed
- 1 medium bell pepper green chopped
- 3 cups rice white instant uncooked
- 1 Tbsp oil
- 1 small onion chopped
- 14 oz oscar mayer turkey sausage smoked sliced
- 2 cups water

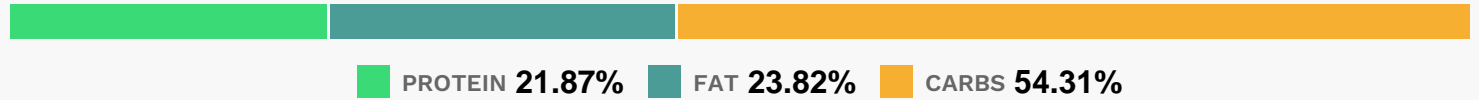
Equipment

frying pan

Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add green peppers, onions and crushed red pepper; mix well. Cook 2 min. or until vegetables are crisp-tender, stirring frequently.
- Add turkey sausage, tomatoes with their liquid and the water; stir. Bring to boil.
- Stir in rice; cover. Reduce heat to low; simmer 5 min. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.68, Inflammation Score:-3, Nutrition Score:6.7700000327566%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 127.03kcal (6.35%), Fat: 3.34g (5.13%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 16.03g (5.83%), Sugar: 1.61g (1.79%), Cholesterol: 19.84mg (6.61%), Sodium: 197.89mg (8.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.79%), Vitamin B3: 2.81mg (14.04%), Vitamin B1: 0.21mg (13.8%), Folate: 53.88µg (13.47%), Manganese: 0.24mg (12.1%), Vitamin C: 9.85mg (11.94%), Vitamin B6: 0.2mg (10.04%), Iron: 1.8mg (9.99%), Selenium: 6.6µg (9.43%), Phosphorus: 79.04mg (7.9%), Zinc: 1.15mg (7.69%), Copper: 0.12mg (5.81%), Vitamin B12: 0.34µg (5.73%), Potassium: 176.26mg (5.04%), Vitamin B2: 0.09mg (5.01%), Vitamin B5: 0.43mg (4.35%), Fiber: 1.08g (4.34%), Vitamin E: 0.6mg (4.02%), Magnesium: 14.59mg (3.65%), Vitamin K: 2.81µg (2.68%), Vitamin A: 127.98IU (2.56%), Calcium: 21.16mg (2.12%)