



Cajun Sausage and Rice



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup rice long-grain white uncooked
- ☐ 2 cups water
- ☐ 1 cup salsa thick
- ☐ 8 oz kielbasa smoked thinly sliced
- ☐ 15 oz blackeyed peas rinsed drained canned
- ☐ 1 cup corn frozen

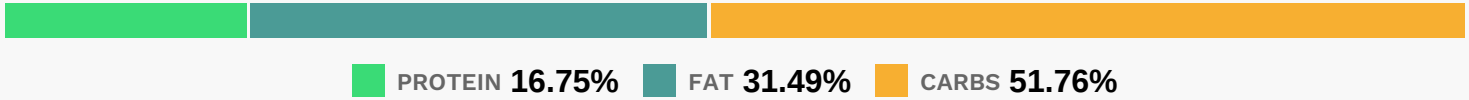
Equipment

- ☐ sauce pan

Directions

- ☐ In 4-quart saucepan, mix rice and water.
- ☐ Heat to boiling. Reduce heat; cover and simmer 10 to 12 minutes, stirring occasionally.
- ☐ Stir in salsa, sausage, peas and corn. Cook uncovered 10 to 12 minutes, stirring frequently, until corn is tender and mixture is thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:32.55, Glycemic Load:23.17, Inflammation Score:-7, Nutrition Score:20.883043372113%

Nutrients (% of daily need)

Calories: 494.04kcal (24.7%), Fat: 17.52g (26.96%), Saturated Fat: 6.13g (38.31%), Carbohydrates: 64.8g (21.6%), Net Carbohydrates: 55.12g (20.04%), Sugar: 6.03g (6.7%), Cholesterol: 39.69mg (13.23%), Sodium: 937.05mg (40.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.97g (41.95%), Folate: 244.14µg (61.03%), Manganese: 1.05mg (52.44%), Vitamin B1: 0.59mg (39.26%), Fiber: 9.69g (38.74%), Phosphorus: 339.53mg (33.95%), Selenium: 18.85µg (26.92%), Copper: 0.49mg (24.72%), Magnesium: 97.09mg (24.27%), Iron: 4.32mg (23.98%), Vitamin B6: 0.46mg (22.96%), Vitamin B3: 4.45mg (22.27%), Zinc: 3.27mg (21.83%), Potassium: 758.79mg (21.68%), Vitamin B5: 1.3mg (12.96%), Vitamin B2: 0.22mg (12.73%), Vitamin B12: 0.56µg (9.26%), Vitamin E: 1.13mg (7.53%), Vitamin A: 329.6IU (6.59%), Calcium: 65.43mg (6.54%), Vitamin C: 5.2mg (6.3%), Vitamin K: 4.57µg (4.35%)