



Cajun Sausage and Rice Skillet

READY IN



45 min.

SERVINGS



6

CALORIES



338 kcal

SIDE DISH

Ingredients

- ☐ 8 ounces andouille sausage sliced
- ☐ 1 tablespoon cajun spice salt-free
- ☐ 15 ounce kidney beans drained canned
- ☐ 4 cups less-sodium chicken broth fat-free
- ☐ 1 cup pre mushrooms
- ☐ 1 cup onion chopped
- ☐ 7 ounce boil-in-bag rice long-grain
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vegetable oil

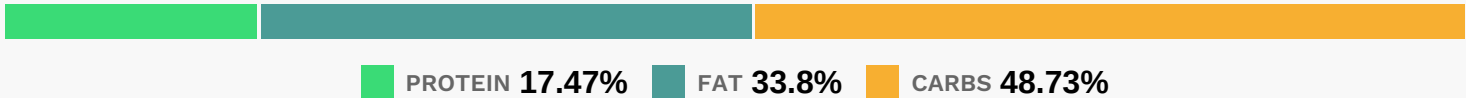
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add mushrooms, onion, Cajun seasoning, and sausage; saut 5 minutes.
- ☐ Remove rice from bags; add to pan. Stir in broth and beans. Bring mixture to a boil; cover, reduce heat, and simmer 10 minutes or until rice is tender. Stir in salt.

Nutrition Facts



Properties

Glycemic Index:31.2, Glycemic Load:20.13, Inflammation Score:-6, Nutrition Score:13.11565203252%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 337.77kcal (16.89%), Fat: 12.74g (19.61%), Saturated Fat: 3.72g (23.26%), Carbohydrates: 41.34g (13.78%), Net Carbohydrates: 36.14g (13.14%), Sugar: 3.56g (3.95%), Cholesterol: 32.51mg (10.84%), Sodium: 1306.18mg (56.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.82g (29.64%), Manganese: 0.65mg (32.28%), Selenium: 18.62µg (26.6%), Vitamin B3: 4.76mg (23.81%), Phosphorus: 211.29mg (21.13%), Fiber: 5.21g (20.83%), Vitamin B1: 0.23mg (15.65%), Copper: 0.3mg (15.11%), Potassium: 513.43mg (14.67%), Vitamin B2: 0.25mg (14.58%), Vitamin B6: 0.28mg (13.97%), Zinc: 1.94mg (12.91%), Iron: 2.2mg (12.23%), Vitamin B5: 1.18mg (11.84%), Vitamin A: 590.66IU (11.81%), Vitamin B12: 0.68µg (11.33%), Magnesium: 43.28mg (10.82%), Folate: 31.32µg (7.83%), Vitamin K: 6.74µg (6.42%), Vitamin E: 0.86mg (5.73%), Calcium: 48.67mg (4.87%), Vitamin D: 0.56µg (3.74%), Vitamin C: 2.89mg (3.5%)