



WHATSheATE



Cajun Sausage, Peppers, and Onions Over Brown Rice



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cajun spice low-sodium
- ☐ 0.5 pound precooked chicken sausage andouille-style cut into rounds
- ☐ 3 cups brown rice cooked
- ☐ 0.3 cup flat-leaf parsley leaves
- ☐ 1 cup chicken broth low-sodium divided
- ☐ 1 large onion sliced
- ☐ 2 orange bell peppers sliced

- ☐ 2 teaspoons vegetable oil; peanut oil preferred divided
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 2 zucchini cut into 1/4-inch-thick slices

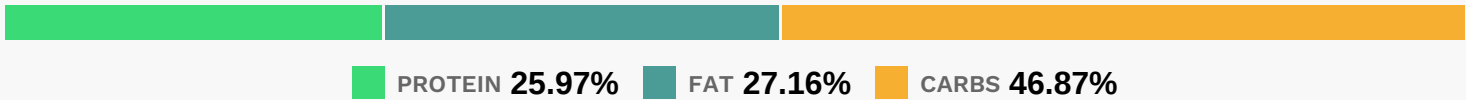
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat wok or large skillet over medium-high heat.
- ☐ Add 1 teaspoon oil; cook onion 2 minutes.
- ☐ Add pepper; cook 2 minutes. Stir in zucchini; cook 2 minutes.
- ☐ Add Cajun seasoning and 1/2 cup broth; cook 2 minutes.
- ☐ Transfer to bowl; cover.
- ☐ Add 1/2 teaspoon oil to wok; cook sausage 3 minutes.
- ☐ Transfer to bowl; cover.
- ☐ Add remaining 1/2 teaspoon oil to wok; cook shrimp 3 minutes.
- ☐ Add remaining 1/2 cup broth, rice, vegetables, and sausage; cook until hot. Top with parsley; serve.

Nutrition Facts



Properties

Glycemic Index:43.3, Glycemic Load:18.49, Inflammation Score:-10, Nutrition Score:27.482173932635%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.57mg,

Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg

Nutrients (% of daily need)

Calories: 405.93kcal (20.3%), Fat: 12.64g (19.44%), Saturated Fat: 2.58g (16.15%), Carbohydrates: 49.08g (16.36%), Net Carbohydrates: 42.84g (15.58%), Sugar: 7.51g (8.34%), Cholesterol: 131.32mg (43.77%), Sodium: 681.68mg (29.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.19g (54.38%), Vitamin C: 102.27mg (123.97%), Manganese: 1.95mg (97.27%), Vitamin A: 3437.69IU (68.75%), Vitamin K: 70.2µg (66.86%), Phosphorus: 322.9mg (32.29%), Vitamin B6: 0.64mg (32.13%), Magnesium: 118.3mg (29.58%), Fiber: 6.23g (24.94%), Copper: 0.47mg (23.25%), Potassium: 812.71mg (23.22%), Vitamin B3: 4.05mg (20.23%), Folate: 70.42µg (17.61%), Vitamin B1: 0.25mg (16.78%), Iron: 2.98mg (16.53%), Zinc: 2.37mg (15.78%), Vitamin E: 1.92mg (12.78%), Vitamin B2: 0.21mg (12.55%), Vitamin B5: 1.07mg (10.67%), Calcium: 90.92mg (9.09%)