



Cheesy Sausage Zucchini Casserole



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



343 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce mushrooms drained sliced canned
- ☐ 0.3 cup onion chopped
- ☐ 1 pinch oregano dried
- ☐ 1 pound pork sausage
- ☐ 8 ounce processed cheese food cubed
- ☐ 8 servings salt and pepper to taste
- ☐ 1 cup tomatoes fresh diced
- ☐ 1 cup water

- ☐ 0.5 cup rice white uncooked
- ☐ 4 cups zucchini squash cubed

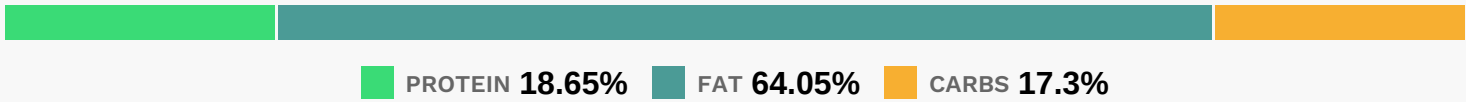
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ casserole dish

Directions

- ☐ Combine the rice and water in a small saucepan, and bring to a boil. Reduce heat to low, and simmer for about 20 minutes, or until tender.
- ☐ Remove from heat, and set aside.
- ☐ Preheat the oven to 325 degrees F (165 degrees C).
- ☐ Cook sausage and onion in a large skillet over medium heat, stirring until evenly browned.
- ☐ Drain excess grease. Stir in zucchini and tomatoes, and cook until tender. Stir in rice, mushrooms, and cheese. Season with oregano, salt, and pepper.
- ☐ Spread into a 9x13 inch baking dish, or a 2 quart casserole dish.
- ☐ Bake, uncovered, for 1 hour in the preheated oven, or until lightly browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:25.15, Glycemic Load:6.34, Inflammation Score:-5, Nutrition Score:12.793478136477%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 342.76kcal (17.14%), Fat: 24.45g (37.62%), Saturated Fat: 10.2g (63.73%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 13.1g (4.76%), Sugar: 3.57g (3.97%), Cholesterol: 69.17mg (23.06%), Sodium: 1156.75mg (50.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.02g (32.04%), Calcium: 321.85mg (32.19%), Phosphorus: 319.77mg (31.98%), Vitamin B3: 3.72mg (18.61%), Vitamin C: 14.42mg (17.47%), Vitamin B6: 0.35mg (17.36%), Zinc: 2.51mg (16.73%), Vitamin B1: 0.23mg (15.3%), Manganese: 0.3mg (15.16%), Vitamin B12: 0.91µg (15.12%), Potassium: 441.36mg (12.61%), Selenium: 8.78µg (12.55%), Vitamin B2: 0.21mg (12.37%), Vitamin A: 589.89IU (11.8%), Vitamin B5: 0.99mg (9.91%), Copper: 0.19mg (9.66%), Magnesium: 36.49mg (9.12%), Iron: 1.42mg (7.89%), Fiber: 1.76g (7.06%), Folate: 25.82µg (6.45%), Vitamin D: 0.96µg (6.43%), Vitamin K: 5.21µg (4.96%), Vitamin E: 0.53mg (3.52%)