



## Chicken and Sausage Ragoût

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

READY IN



32 min.

SERVINGS



4

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14.5 ounce canned tomatoes canned
- 2 cups rice long-grain hot cooked
- 1 teaspoon basil dried
- 2 tablespoons wine dry red
- 1.5 cups mushrooms fresh quartered
- 2 tablespoons parsley fresh chopped
- 4 garlic clove minced
- 1 large bell pepper green chopped

- 1 large onion chopped
- 0.5 teaspoon oregano dried
- 0.3 teaspoon salt
- 0.8 pound chicken breast halves boneless skinless cut into bite-sized pieces
- 1 teaspoon sugar
- 4 ounces turkey sausage smoked low-fat thinly sliced

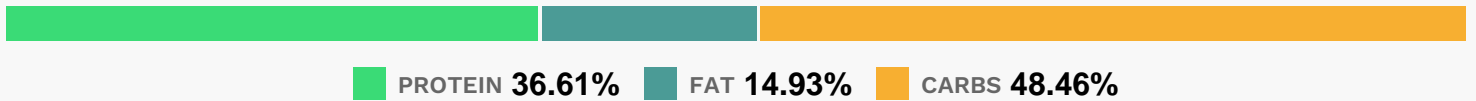
## Equipment

- dutch oven

## Directions

- Coat a Dutch oven with cooking spray; place over medium-high heat.
- Add chicken, and cook 2 minutes, stirring frequently.
- Add sausage and onion; saut 1 minute.
- Add bell pepper, mushrooms, and garlic; cook 4 minutes, stirring frequently.
- Add tomatoes and next 4 ingredients; cook 15 minutes or until bell pepper is very tender.
- Remove from heat, and stir in parsley and salt.
- Let stand, uncovered, 5 minutes before serving.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:78.77, Glycemic Load:26.07, Inflammation Score:-8, Nutrition Score:24.270869493484%

## Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg,

Epicatechin: 0.8mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg 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: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 8.62mg, Quercetin: 8.62mg, Quercetin: 8.62mg, Quercetin: 8.62mg

## Nutrients (% of daily need)

Calories: 317.95kcal (15.9%), Fat: 5.19g (7.99%), Saturated Fat: 1.2g (7.49%), Carbohydrates: 37.93g (12.64%), Net Carbohydrates: 34.56g (12.57%), Sugar: 8g (8.89%), Cholesterol: 75.69mg (25.23%), Sodium: 646.44mg (28.11%), Alcohol: 0.79g (100%), Alcohol %: 0.24% (100%), Protein: 28.66g (57.31%), Vitamin B3: 12.84mg (64.18%), Vitamin C: 49.89mg (60.47%), Selenium: 37.75µg (53.92%), Vitamin B6: 1.07mg (53.47%), Vitamin K: 44.51µg (42.39%), Phosphorus: 340.14mg (34.01%), Manganese: 0.66mg (32.91%), Vitamin B5: 2.58mg (25.82%), Potassium: 903.2mg (25.81%), Vitamin B2: 0.37mg (21.98%), Copper: 0.39mg (19.6%), Iron: 3.06mg (17.01%), Magnesium: 64.61mg (16.15%), Zinc: 2.31mg (15.39%), Vitamin B1: 0.22mg (14.5%), Fiber: 3.37g (13.47%), Vitamin A: 550.85IU (11.02%), Vitamin B12: 0.55µg (9.22%), Vitamin E: 1.34mg (8.9%), Folate: 34.17µg (8.54%), Calcium: 84.17mg (8.42%), Vitamin D: 0.16µg (1.05%)