



Country Rice and Sausage

 Gluten Free  Dairy Free

READY IN



18 min.

SERVINGS



3

CALORIES



940 kcal

SIDE DISH

Ingredients

- 0.5 cup matchstick-cut carrots
- 0.5 cup celery thinly sliced
- 0.1 teaspoon pepper red crushed
- 0.3 teaspoon rubbed sage dried
- 0.3 cup parsley fresh chopped
- 1 cup rice instant uncooked
- 1 cup onion chopped
- 8 ounces 0%-less-fat pork sausage

- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 0.5 cup water

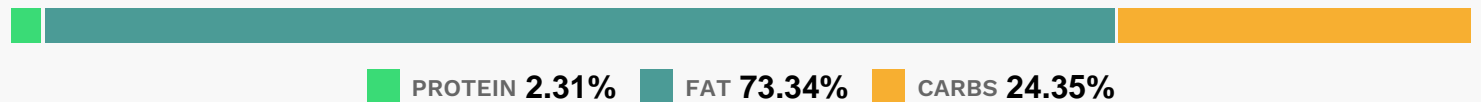
Equipment

- frying pan
- microwave

Directions

- Cook rice according to package microwave directions, omitting salt and fat.
- Place a large nonstick skillet over medium-high heat until hot.
- Add sausage; cook 4 minutes or until browned, stirring to crumble.
- Remove sausage from pan; set aside, and keep warm.
- Add onion and next 6 ingredients to pan; bring to a boil. Cover, reduce heat, and simmer, 4 minutes or until crisp-tender. Return cooked sausage to pan; stir in cooked rice, parsley, and 1/8 teaspoon salt.

Nutrition Facts



Properties

Glycemic Index:50.73, Glycemic Load:30.9, Inflammation Score:-9, Nutrition Score:15.085652413576%

Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 10.91mg, Quercetin: 10.91mg, Quercetin: 10.91mg

Nutrients (% of daily need)

Calories: 940.2kcal (47.01%), Fat: 76.17g (117.18%), Saturated Fat: 29.79g (186.18%), Carbohydrates: 56.9g (18.97%), Net Carbohydrates: 54.11g (19.68%), Sugar: 3.63g (4.03%), Cholesterol: 71.82mg (23.94%), Sodium: 332.15mg (14.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.79%), Vitamin K: 89.44µg (85.18%), Vitamin A:

3464.91IU (69.3%), Manganese: 0.8mg (39.99%), Selenium: 10.01µg (14.3%), Vitamin C: 11.68mg (14.15%), Vitamin D: 1.89µg (12.6%), Fiber: 2.79g (11.17%), Vitamin B6: 0.21mg (10.32%), Phosphorus: 99.55mg (9.96%), Copper: 0.2mg (9.93%), Folate: 34.53µg (8.63%), Vitamin B5: 0.84mg (8.39%), Potassium: 272.58mg (7.79%), Magnesium: 27.8mg (6.95%), Vitamin B3: 1.3mg (6.48%), Zinc: 0.97mg (6.44%), Iron: 1.16mg (6.43%), Vitamin B1: 0.08mg (5.48%), Calcium: 51.77mg (5.18%), Vitamin E: 0.65mg (4.32%), Vitamin B2: 0.07mg (3.98%)