



Creole-Style Skillet Dinner



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon cajun spice
- ☐ 1 cup chicken broth (from 32-oz carton)
- ☐ 1 clove garlic finely chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1.5 cups rice instant uncooked
- ☐ 0.8 cup onion chopped
- ☐ 4 servings hot sauce red
- ☐ 0.5 teaspoon salt

- ☐ 0.5 lb sausage fully cooked sliced cut lengthwise into fourths,
- ☐ 2.5 cups tomatoes chopped

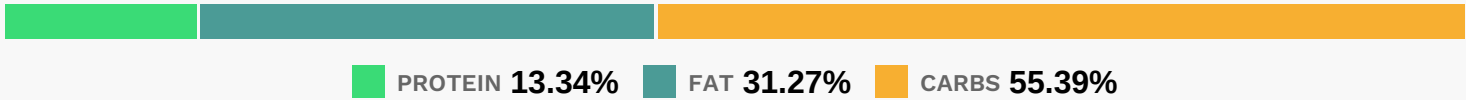
Equipment

- ☐ frying pan

Directions

- ☐ Spray 12-inch skillet with cooking spray; heat over medium-high heat.
- ☐ Add onion, garlic and bell pepper to skillet. Cover; cook 3 to 5 minutes, stirring once, until vegetables are crisp-tender.
- ☐ Stir in kielbasa, tomatoes, broth, salt and Cajun seasoning.
- ☐ Heat to boiling; stir in rice.
- ☐ Heat to boiling; reduce heat to low. Cook 8 to 10 minutes or until rice is tender. Fluff with fork before serving.
- ☐ Serve with pepper sauce.

Nutrition Facts



Properties

Glycemic Index:52.3, Glycemic Load:35.09, Inflammation Score:-7, Nutrition Score:14.939130430636%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg

Nutrients (% of daily need)

Calories: 463.43kcal (23.17%), Fat: 15.91g (24.47%), Saturated Fat: 5.18g (32.35%), Carbohydrates: 63.4g (21.13%), Net Carbohydrates: 60.45g (21.98%), Sugar: 4.54g (5.04%), Cholesterol: 42mg (14%), Sodium: 882.08mg (38.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.54%), Manganese: 0.97mg (48.48%), Vitamin C: 30.66mg (37.16%), Vitamin B3: 4.61mg (23.07%), Vitamin B6: 0.45mg (22.72%), Vitamin A: 1012.31IU (20.25%),

Phosphorus: 195.39mg (19.54%), Vitamin B1: 0.28mg (18.54%), Selenium: 10.98µg (15.69%), Potassium: 536.98mg (15.34%), Zinc: 2.28mg (15.21%), Copper: 0.28mg (14.1%), Vitamin B5: 1.24mg (12.38%), Fiber: 2.95g (11.8%), Magnesium: 41.62mg (10.41%), Vitamin B2: 0.17mg (10.17%), Iron: 1.67mg (9.29%), Vitamin K: 9.37µg (8.92%), Vitamin B12: 0.49µg (8.23%), Folate: 27.8µg (6.95%), Vitamin E: 0.86mg (5.73%), Vitamin D: 0.74µg (4.91%), Calcium: 47.07mg (4.71%)