



Dirty Rice

READY IN



40 min.

SERVINGS



12

CALORIES



236 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bulk pork sausage
- ☐ 0.5 cup celery chopped
- ☐ 1 pound chicken livers finely chopped
- ☐ 4 cups rice hot cooked
- ☐ 0.3 cup parsley leaves fresh chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 cup onion chopped
- ☐ 12 servings salt and pepper black freshly ground

Equipment

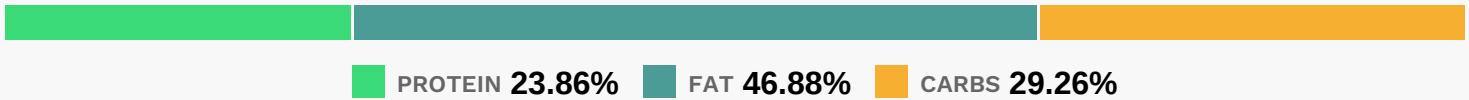
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frying pan

Directions

- ☐ Cook the sausage and chicken livers in a large skillet until browned.
- ☐ Add the vegetables and saute until soft. Gently fold in the rice and parsley. Season, to taste, with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:16.28, Inflammation Score:-10, Nutrition Score:24.966521714045%

Flavonoids

Apigenin: 2.81mg, Apigenin: 2.81mg, Apigenin: 2.81mg, Apigenin: 2.81mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 236.22kcal (11.81%), Fat: 12.05g (18.53%), Saturated Fat: 3.97g (24.81%), Carbohydrates: 16.91g (5.64%), Net Carbohydrates: 16.24g (5.9%), Sugar: 0.81g (0.9%), Cholesterol: 157.62mg (52.54%), Sodium: 272.57mg (11.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.79g (27.59%), Vitamin B12: 6.59µg (109.81%), Vitamin A: 4363.74IU (87.27%), Folate: 230.8µg (57.7%), Vitamin B2: 0.73mg (43.19%), Selenium: 24.68µg (35.25%), Vitamin B3: 5.74mg (28.71%), Vitamin B5: 2.85mg (28.54%), Vitamin B6: 0.52mg (26.08%), Iron: 4.07mg (22.6%), Vitamin K: 22.56µg (21.49%), Manganese: 0.39mg (19.54%), Phosphorus: 192.94mg (19.29%), Vitamin C: 14.8mg (17.94%), Vitamin B1: 0.24mg (16.1%), Zinc: 2.14mg (14.26%), Copper: 0.26mg (13.06%), Potassium: 248.64mg (7.1%), Magnesium: 22.01mg (5.5%), Vitamin D: 0.49µg (3.28%), Fiber: 0.68g (2.71%), Vitamin E: 0.4mg (2.7%), Calcium: 19.23mg (1.92%)