



Dirty Rice with Smoked Sausage

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

READY IN

ready

40 min.

SERVINGS

servings

8

CALORIES

calories

438 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon cayenne
- ☐ 1 stalk celery chopped
- ☐ 5 cups chicken stock see divided
- ☐ 0.3 cup parsley leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1 medium bell pepper green chopped
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 large onion chopped

- ☐ 1 pound pork sausage smoked sliced
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups rice long grain white

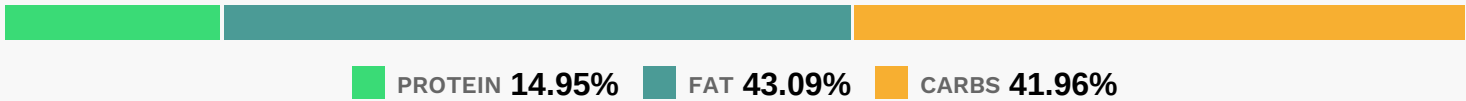
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Make the rice, in a medium saucepan combine the rice and chicken stock. Bring to a boil, reduce the heat and simmer until all the stock is absorbed into the rice, about 20 minutes.
- ☐ Meanwhile heat oil in a heavy-bottomed saute pan over medium-high heat. Brown the sausage. Once browned, add the garlic, onion, celery, and green bell pepper. Cook until softened, about 5 minutes. Season with salt and pepper.
- ☐ Add 1 cup chicken stock and cayenne. Cook until the stock has reduced a little.
- ☐ Add the cooked rice and parsley and stir thoroughly. Taste and season with salt and pepper, if necessary.

Nutrition Facts



Properties

Glycemic Index:35.52, Glycemic Load:22.78, Inflammation Score:-4, Nutrition Score:13.174347773842%

Flavonoids

Apigenin: 4.18mg, Apigenin: 4.18mg, Apigenin: 4.18mg, Apigenin: 4.18mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 438.09kcal (21.9%), Fat: 20.63g (31.74%), Saturated Fat: 6.1g (38.1%), Carbohydrates: 45.2g (15.07%), Net Carbohydrates: 43.84g (15.94%), Sugar: 3.67g (4.08%), Cholesterol: 45.32mg (15.11%), Sodium: 583.77mg (25.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.1g (32.2%), Vitamin K: 40.44µg (38.51%), Vitamin B3: 5.92mg (29.6%), Manganese: 0.58mg (28.84%), Vitamin C: 16.86mg (20.43%), Vitamin B6: 0.41mg (20.43%), Phosphorus: 181.85mg (18.18%), Vitamin B1: 0.26mg (17.44%), Selenium: 10.46µg (14.95%), Vitamin B2: 0.23mg (13.79%), Zinc: 2.03mg (13.53%), Potassium: 432.19mg (12.35%), Copper: 0.24mg (12.23%), Vitamin B5: 0.91mg (9.11%), Iron: 1.55mg (8.62%), Vitamin B12: 0.48µg (8.03%), Magnesium: 30.71mg (7.68%), Vitamin A: 309.42IU (6.19%), Fiber: 1.36g (5.46%), Folate: 21.56µg (5.39%), Vitamin D: 0.74µg (4.91%), Vitamin E: 0.59mg (3.92%), Calcium: 34.15mg (3.42%)