



HEALTH SCORE

61%

Fiery Chipotle Rice and Sausage



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



10.5 ounce beef broth canned



14.5 ounce canned tomatoes diced undrained canned



0.8 cup celery thinly sliced



1 to 2 chipotle chiles in adobo sauce canned minced drained



1 teaspoon thyme leaves dried



1 pound turkey sausage sweet italian (5 links)



1 teaspoon olive oil



16 ounce pepper stir-fry frozen with yellow, green, and red peppers and onions, thawed (such as birds eye)

- ☐ 1 cup converted rice uncooked
- ☐ 0.8 teaspoon sugar

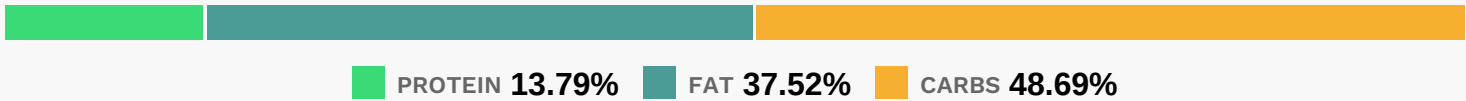
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Remove the casings from the sausage.
- ☐ Heat the oil in a Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add the sausage; cook 7 minutes or until browned, stirring to crumble.
- ☐ Remove from the pan, and drain.
- ☐ Add the pepper stir-fry mix and the remaining ingredients to the pan, and bring mixture to a boil. Cover, reduce heat, and simmer for 20 minutes or until the rice is tender.
- ☐ Remove from heat, and stir in the sausage. Cover and let stand for 10 minutes.
- ☐ Note: Store remaining chipotles in an airtight container; freeze for later use.

Nutrition Facts



Properties

Glycemic Index:43.55, Glycemic Load:26.13, Inflammation Score:-8, Nutrition Score:34.964782839236%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 600.98kcal (30.05%), Fat: 27.36g (42.09%), Saturated Fat: 9.81g (61.32%), Carbohydrates: 79.9g (26.63%), Net Carbohydrates: 58.56g (21.29%), Sugar: 4.37g (4.86%), Cholesterol: 57.46mg (19.15%), Sodium: 854.51mg (37.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.62g (45.23%), Manganese: 10.18mg (508.84%), Vitamin K: 134.38µg (127.98%), Fiber: 21.34g (85.37%), Copper: 1.26mg (63.25%), Iron: 9.75mg (54.16%),

Potassium: 1493.16mg (42.66%), Magnesium: 164.02mg (41%), Selenium: 27.93µg (39.9%), Vitamin B1: 0.59mg (39.23%), Calcium: 391.63mg (39.16%), Vitamin B6: 0.62mg (30.77%), Phosphorus: 293.99mg (29.4%), Vitamin B3: 5.09mg (25.44%), Vitamin B5: 1.99mg (19.87%), Vitamin B2: 0.33mg (19.54%), Zinc: 2.8mg (18.67%), Vitamin A: 623.97IU (12.48%), Vitamin E: 1.82mg (12.13%), Vitamin B12: 0.72µg (12.04%), Vitamin C: 8.29mg (10.05%), Folate: 36.27µg (9.07%)