



Hawaiian Sausage and Rice Bake

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



713 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups water
- 2 tablespoons butter
- 6.2 oz suya seasoning mix (long-grain wild with seasoning packet)
- 0.5 cup pineapple preserves
- 1 lb kielbasa (cooked halved lengthwise cut into 1-inch slices)
- 1 medium onion (finely chopped)
- 1 medium bell pepper (green cut into 3/4-inch pieces)
- 1 medium bell pepper (red cut into 3/4-inch pieces)

8 oz pineapple chunks unsweetened undrained canned

Equipment

sauce pan

oven

Directions

Heat oven to 375°F. In small saucepan, bring water and butter to a boil.

In ungreased 2 1/2-quart casserole, combine all ingredients including contents of seasoning packet and boiling water; mix well. Cover.

Bake at 375°F. for 40 to 45 minutes or until rice is tender.

Let stand 10 minutes before serving.

Nutrition Facts

PROTEIN 11.32% **FAT 48.29%** **CARBS 40.39%**

Properties

Glycemic Index:51.75, Glycemic Load:17.98, Inflammation Score:-9, Nutrition Score:45.70391319109%

Flavonoids

Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 713.17kcal (35.66%), Fat: 40.39g (62.13%), Saturated Fat: 16.05g (100.3%), Carbohydrates: 75.98g (25.33%), Net Carbohydrates: 54.51g (19.82%), Sugar: 33.63g (37.37%), Cholesterol: 94.43mg (31.48%), Sodium: 1070.41mg (46.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.3g (42.61%), Vitamin K: 277.84µg (264.61%), Manganese: 2.37mg (118.52%), Iron: 18.46mg (102.55%), Vitamin C: 75.25mg (91.21%), Fiber: 21.48g (85.91%), Calcium: 748.21mg (74.82%), Vitamin E: 8.83mg (58.89%), Vitamin B1: 0.76mg (50.51%), Vitamin B6: 0.91mg (45.58%), Vitamin A: 1992.83IU (39.86%), Magnesium: 154.9mg (38.72%), Folate: 136.01µg (34%), Selenium: 23.36µg (33.38%), Vitamin B3: 6.59mg (32.94%), Potassium: 1082.12mg (30.92%), Vitamin B2: 0.49mg (28.67%), Copper: 0.53mg (26.53%), Phosphorus: 254.64mg (25.46%), Zinc: 3.63mg (24.18%), Vitamin B12: 1.12µg (18.72%), Vitamin B5: 1.09mg (10.89%)