



Hawaiian-Style Sausage and Rice



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



469 kcal

SIDE DISH

Ingredients

- ☐ 1 cup beef broth
- ☐ 1 tablespoon brown sugar
- ☐ 14 ounce canned tomatoes whole peeled quartered canned
- ☐ 1 cup celery diagonally sliced
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 large bell pepper green cut into 1-inch pieces
- ☐ 0.3 teaspoon ground pepper black

- ☐ 1 large onion sliced
- ☐ 8 ounce pineapple rings in juice cubed canned
- ☐ 12 ounces sausage smoked country-style
- ☐ 0.5 cup water
- ☐ 2 cups rice white

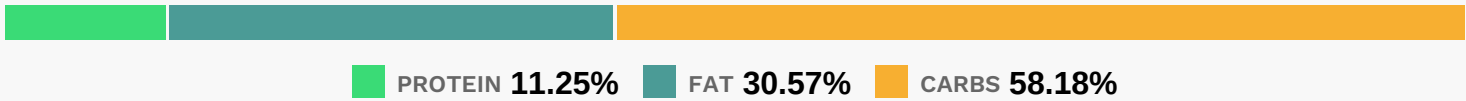
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring rice and 2 cups water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.
- ☐ Place sausages into a skillet with 1/2 cup water over medium heat, cover, and cook until heated through, about 5 minutes. Thinly slice sausages.
- ☐ Combine sausages with onion, green pepper, and celery in a large skillet over medium heat; cook and stir until vegetables start to soften, about 5 minutes.
- ☐ Stir tomatoes, beef broth, pineapple, garlic powder, black pepper, and brown sugar into sausage mixture. Cook and stir until brown sugar has dissolved and mixture comes to a simmer.
- ☐ Whisk reserved pineapple juice with cornstarch in a small bowl until smooth. Stir cornstarch mixture into sausage mixture and cook until sauce thickens and turns clear, about 2 minutes.
- ☐ Serve sausage mixture over cooked rice.

Nutrition Facts



Properties

Glycemic Index:27.86, Glycemic Load:30.36, Inflammation Score:-5, Nutrition Score:14.704347755598%

Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 468.68kcal (23.43%), Fat: 15.79g (24.29%), Saturated Fat: 5.43g (33.91%), Carbohydrates: 67.61g (22.54%), Net Carbohydrates: 64.44g (23.43%), Sugar: 10.92g (12.14%), Cholesterol: 40.26mg (13.42%), Sodium: 744.83mg (32.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.07g (26.14%), Manganese: 0.84mg (42.22%), Vitamin C: 34.05mg (41.28%), Selenium: 17.56µg (25.09%), Vitamin B6: 0.41mg (20.51%), Vitamin B3: 3.92mg (19.62%), Vitamin B1: 0.29mg (19.4%), Phosphorus: 169.83mg (16.98%), Copper: 0.3mg (14.83%), Vitamin B12: 0.88µg (14.74%), Potassium: 504.35mg (14.41%), Zinc: 2.11mg (14.05%), Fiber: 3.17g (12.68%), Vitamin B2: 0.2mg (11.98%), Iron: 2.1mg (11.65%), Magnesium: 43.75mg (10.94%), Vitamin B5: 1.06mg (10.65%), Vitamin K: 9.44µg (8.99%), Folate: 28.82µg (7.2%), Calcium: 68.18mg (6.82%), Vitamin A: 273.96IU (5.48%), Vitamin E: 0.68mg (4.52%), Vitamin D: 0.62µg (4.16%)