



## Hearty Sausage and Rice Casserole

 **Gluten Free**

READY IN



**90 min.**

SERVINGS



**6**

CALORIES



**473 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 pound bulk pork sausage
- 2 stalks celery coarsely chopped
- 1.8 cups chicken broth organic swanson® (regular, Natural or Certified )
- 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% 25% canned (Regular, or Less Sodium)
- 0.5 teaspoon marjoram dried crushed
- 8 ounce mushrooms sliced
- 1 large onion coarsely chopped
- 1 large bell pepper red coarsely chopped

- 6 ounce rice mix long grain wild
- 1 cup cheddar cheese shredded
- 1 teaspoon thyme leaves dried crushed

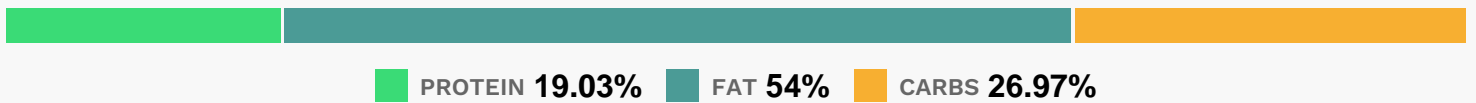
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Cook the sausage in a 12-inch skillet over medium-high heat until the sausage is well browned, stirring often.
- Pour off any fat.
- Add the mushrooms, celery, pepper, onion, thyme, marjoram and seasoning packet from the rice blend to the skillet and cook until the vegetables are tender-crisp.
- Stir the sausage mixture, broth, soup, rice blend and 1/2 cup cheese in a 13x9x2-inch shallow baking dish. Cover the baking dish.
- Bake at 375 degrees F for 1 hour or until the rice is tender. Stir the rice mixture before serving.
- Sprinkle with the remaining cheese.

## Nutrition Facts



## Properties

Glycemic Index:47.36, Glycemic Load:14.97, Inflammation Score:-8, Nutrition Score:18.180000035659%

## Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg 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: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg

## Nutrients (% of daily need)

Calories: 472.88kcal (23.64%), Fat: 28.27g (43.5%), Saturated Fat: 10.99g (68.67%), Carbohydrates: 31.77g (10.59%), Net Carbohydrates: 29.66g (10.78%), Sugar: 3.53g (3.92%), Cholesterol: 77.17mg (25.72%), Sodium: 1234.49mg (53.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.42g (44.84%), Vitamin C: 39.11mg (47.41%), Vitamin B3: 6.34mg (31.68%), Manganese: 0.6mg (29.93%), Phosphorus: 288.83mg (28.88%), Vitamin B2: 0.45mg (26.54%), Zinc: 3.58mg (23.86%), Vitamin A: 1179.46IU (23.59%), Vitamin B6: 0.47mg (23.56%), Vitamin B1: 0.32mg (21.17%), Selenium: 13.61µg (19.44%), Copper: 0.37mg (18.58%), Vitamin B5: 1.69mg (16.93%), Calcium: 168.31mg (16.83%), Potassium: 562.12mg (16.06%), Vitamin B12: 0.95µg (15.87%), Iron: 1.95mg (10.84%), Folate: 39.26µg (9.81%), Magnesium: 38.21mg (9.55%), Fiber: 2.11g (8.44%), Vitamin D: 1.17µg (7.81%), Vitamin K: 6.18µg (5.89%), Vitamin E: 0.82mg (5.47%)