



## Hot Sausage Casserole

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

READY IN



**90 min.**

SERVINGS



**6**

CALORIES



**482 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 pound bulk pork sausage italian hot
- 2 stalks celery chopped
- 21.5 ounce campbell's® condensed cream of chicken soup canned
- 10.8 ounce campbell's® condensed cream of mushroom soup canned
- 1 large bell pepper green chopped
- 1 large onion chopped
- 1 cup regular rice long-grain white uncooked

### Equipment

frying pan

oven

## Directions

Cook the sausage in a 10-inch skillet over medium-high heat until it's well browned, stirring often to separate meat.

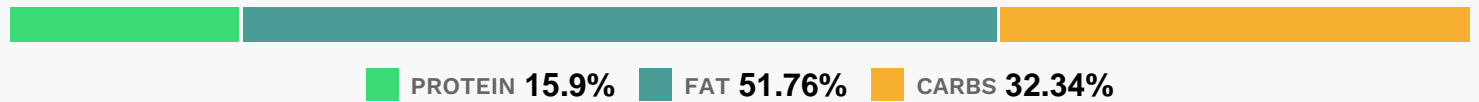
Pour off any fat. Stir the pepper, onion, celery, rice, soups and 1 can of water in the skillet.

Spray a 3-quart casserole with the cooking spray. Spoon the sausage mixture into the casserole.

Bake at 400 degrees F. covered for 45 minutes.

Remove cover, stir and cook 15 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:33.53, Glycemic Load:18.62, Inflammation Score:-5, Nutrition Score:13.649565261343%

## Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

## Nutrients (% of daily need)

Calories: 482.11kcal (24.11%), Fat: 27.43g (42.21%), Saturated Fat: 9.07g (56.69%), Carbohydrates: 38.57g (12.86%), Net Carbohydrates: 36.96g (13.44%), Sugar: 2.48g (2.76%), Cholesterol: 65.1mg (21.7%), Sodium: 1568.09mg (68.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.96g (37.93%), Manganese: 0.64mg (32%), Vitamin C: 24.87mg (30.15%), Vitamin B3: 5.11mg (25.53%), Vitamin B6: 0.4mg (20.17%), Phosphorus: 199.65mg (19.97%), Zinc: 2.93mg (19.5%), Copper: 0.38mg (19.09%), Vitamin B1: 0.28mg (18.85%), Iron: 2.69mg (14.95%), Potassium: 455.72mg (13.02%), Vitamin B2: 0.21mg (12.15%), Vitamin B12: 0.72µg (12.06%), Vitamin B5: 1.2mg (12.02%), Vitamin K: 10.53µg (10.03%), Selenium: 6.76µg (9.66%), Magnesium: 32.61mg (8.15%), Vitamin A: 403.09IU (8.06%), Vitamin D: 0.98µg (6.55%), Fiber: 1.61g (6.42%), Vitamin E: 0.87mg (5.79%), Folate: 21.09µg (5.27%), Calcium: 45.51mg (4.55%)