



Italian Sausage Fried Rice

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



808 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

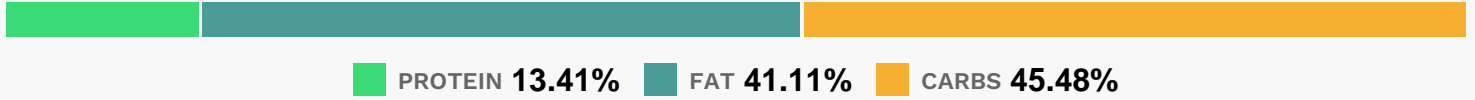
- 1 pound ground sausage italian
- 14.5 ounce canned tomatoes diced undrained canned
- 1 garlic clove minced
- 1 cup rice long grain uncooked
- 1 cup rice long grain uncooked
- 1 large onion chopped
- 1 cup peas frozen thawed
- 0.3 teaspoon hot sauce hot

1 teaspoon salt

2 cups water

Equipment

Nutrition Facts



Properties

Glycemic Index:72.43, Glycemic Load:49.07, Inflammation Score:-7, Nutrition Score:26.120869565217%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg

Nutrients (% of daily need)

Calories: 808.38kcal (40.42%), Fat: 36.61g (56.33%), Saturated Fat: 13.03g (81.44%), Carbohydrates: 91.16g (30.39%), Net Carbohydrates: 85.28g (31.01%), Sugar: 8.29g (9.21%), Cholesterol: 86.18mg (28.73%), Sodium: 1566.55mg (68.11%), Protein: 26.87g (53.73%), Manganese: 1.47mg (73.57%), Selenium: 43.65µg (62.36%), Vitamin B1: 0.9mg (60.08%), Vitamin B6: 0.76mg (38.1%), Vitamin B3: 7.23mg (36.14%), Vitamin C: 29.42mg (35.66%), Phosphorus: 351.49mg (35.15%), Copper: 0.58mg (29.12%), Zinc: 3.85mg (25.67%), Potassium: 841.07mg (24.03%), Fiber: 5.88g (23.5%), Iron: 4.04mg (22.47%), Vitamin B2: 0.35mg (20.49%), Magnesium: 76.66mg (19.17%), Vitamin B5: 1.89mg (18.91%), Vitamin B12: 1.03µg (17.2%), Folate: 60.56µg (15.14%), Vitamin K: 14.7µg (14%), Calcium: 104.23mg (10.42%), Vitamin A: 499.48IU (9.99%), Vitamin E: 1.44mg (9.61%)