



Kielbasa Sausage and Rice

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

READY IN



30 min.

SERVINGS



4

CALORIES



476 kcal

SIDE DISH

Ingredients

- 0.8 cup onion chopped
- 1 clove garlic finely chopped
- 0.5 cup bell pepper green chopped
- 0.5 lb kielbasa fully cooked sliced cut lengthwise into fourths,
- 2.5 cups tomatoes chopped
- 1 cup chicken broth (from 32-oz carton)
- 0.5 teaspoon salt
- 0.5 teaspoon cajun spice

1.5 cups rice instant uncooked

1 serving hot sauce red

Equipment

frying pan

Directions

Spray 12-inch skillet with cooking spray; heat over medium-high heat.

Add onion, garlic and bell pepper to skillet. Cover; cook 3 to 5 minutes, stirring once, until vegetables are crisp-tender.

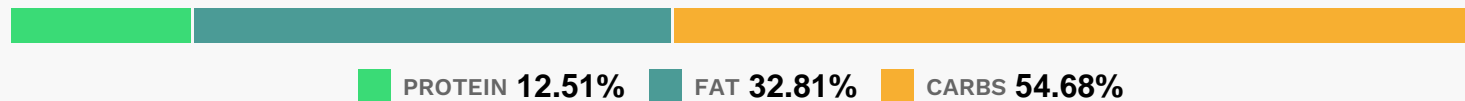
Stir in kielbasa, tomatoes, broth, salt and Cajun seasoning.

Heat to boiling; stir in rice.

Heat to boiling; reduce heat to low. Cook 8 to 10 minutes or until rice is tender. Fluff with fork before serving.

Serve with pepper sauce.

Nutrition Facts



Properties

Glycemic Index:52.3, Glycemic Load:35.35, Inflammation Score:-7, Nutrition Score:15.484347882478%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg

Nutrients (% of daily need)

Calories: 475.9kcal (23.79%), Fat: 17.15g (26.38%), Saturated Fat: 6.05g (37.78%), Carbohydrates: 64.32g (21.44%), Net Carbohydrates: 61.37g (22.32%), Sugar: 4.54g (5.04%), Cholesterol: 40.86mg (13.62%), Sodium: 1016.17mg (44.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.71g (29.42%), Manganese: 0.99mg (49.72%), Vitamin C: 30.77mg (37.3%), Selenium: 21.02µg (30.03%), Vitamin B1: 0.41mg (27.12%), Phosphorus: 195.95mg

(19.6%), Vitamin B3: 3.9mg (19.49%), Vitamin B6: 0.39mg (19.42%), Vitamin A: 969.66IU (19.39%), Potassium: 530.64mg (15.16%), Copper: 0.3mg (14.78%), Zinc: 2.15mg (14.3%), Fiber: 2.95g (11.8%), Vitamin B5: 1.11mg (11.13%), Vitamin B2: 0.19mg (11.03%), Magnesium: 41.62mg (10.4%), Iron: 1.86mg (10.33%), Vitamin B12: 0.57µg (9.46%), Vitamin K: 9.14µg (8.7%), Folate: 28.36µg (7.09%), Vitamin E: 0.75mg (5.01%), Calcium: 48.77mg (4.88%)