



## My Mom's Sausage & Rice Casserole

 Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



439 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 stalk celery chopped
- 1 bell pepper green chopped
- 0.5 onion chopped
- 1 pound pork sausage sliced
- 4.5 ounce chicken noodle soup mix
- 0.5 cup slivered almonds
- 2 cups water hot
- 0.5 cup rice long grain white uncooked

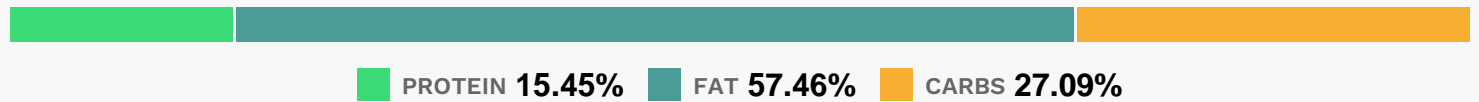
## Equipment

- frying pan
- oven
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large skillet over medium high heat, combine the sausage, onion, celery and green bell pepper and saute for 5 minutes.
- Drain any excess fat.
- Stir the dry rice in with the sausage and vegetables, then add the water and the soup mix.
- Transfer this mixture to a lightly greased 2 quart casserole dish and top with the almonds.
- Bake, covered, at 350 degrees F (175 degrees C) for 90 minutes.

## Nutrition Facts



## Properties

Glycemic Index:35.86, Glycemic Load:13.89, Inflammation Score:-4, Nutrition Score:13.247391420862%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

## Nutrients (% of daily need)

Calories: 439.47kcal (21.97%), Fat: 28.03g (43.12%), Saturated Fat: 8.64g (54.02%), Carbohydrates: 29.73g (9.91%), Net Carbohydrates: 27.31g (9.93%), Sugar: 1.7g (1.89%), Cholesterol: 54.43mg (18.14%), Sodium: 924.8mg (40.21%),

Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 16.96g (33.92%), Vitamin B1: 0.47mg (31.52%), Manganese: 0.53mg (26.35%), Vitamin B3: 5.12mg (25.62%), Vitamin C: 17.42mg (21.12%), Phosphorus: 196.6mg (19.66%), Vitamin E: 2.88mg (19.19%), Vitamin B6: 0.35mg (17.39%), Vitamin B2: 0.27mg (15.84%), Zinc: 2.33mg (15.52%), Iron: 2.25mg (12.49%), Copper: 0.25mg (12.26%), Magnesium: 48.05mg (12.01%), Vitamin B12: 0.7µg (11.6%), Potassium: 374.67mg (10.7%), Fiber: 2.41g (9.66%), Folate: 36.1µg (9.03%), Vitamin B5: 0.81mg (8.12%), Selenium: 4.9µg (6.99%), Vitamin D: 0.98µg (6.55%), Calcium: 50.62mg (5.06%), Vitamin K: 4.99µg (4.75%), Vitamin A: 162.84IU (3.26%)