



## Pork Sausage-Seasoned Rice

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

READY IN



45 min.

SERVINGS



6

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 rib celery diced
- 4.5 cups chicken broth
- 0.5 small bell pepper green chopped
- 4 green onions diced
- 1 pound ground mild pork sausage
- 2 large onions chopped
- 0.8 teaspoon pepper
- 0.5 small bell pepper red chopped

- 2 cups rice long-grain uncooked
- 0.5 teaspoon salt
- 0.8 teaspoon lawry's seasoned salt
- 0.5 teaspoon sugar

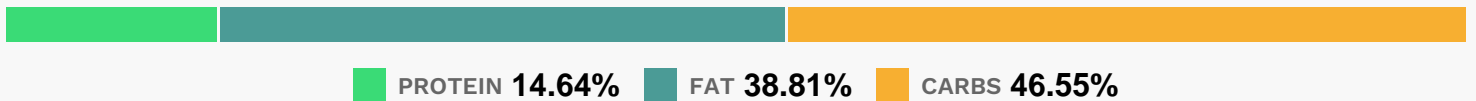
## Equipment

- frying pan

## Directions

- Cook first 5 ingredients in a large skillet over medium-high heat until sausage crumbles and is no longer pink; drain.
- Add rice; cook 5 minutes, stirring often. Stir in broth and next 4 ingredients; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Uncover and cook 5 more minutes. Stir in green onions.

## Nutrition Facts



## Properties

Glycemic Index:54.05, Glycemic Load:31.19, Inflammation Score:-5, Nutrition Score:14.042174049046%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

## Nutrients (% of daily need)

Calories: 492.83kcal (24.64%), Fat: 20.94g (32.21%), Saturated Fat: 6.82g (42.61%), Carbohydrates: 56.49g (18.83%), Net Carbohydrates: 54.33g (19.76%), Sugar: 3.88g (4.32%), Cholesterol: 57.96mg (19.32%), Sodium: 1626.29mg (70.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.77g (35.54%), Manganese: 0.88mg (44.05%), Vitamin B3: 5.12mg (25.61%), Vitamin C: 18.59mg (22.54%), Vitamin B1: 0.32mg (21.51%), Vitamin B6: 0.43mg (21.5%), Phosphorus: 200.8mg (20.08%), Vitamin K: 18.39µg (17.51%), Zinc: 2.58mg (17.2%), Vitamin B2: 0.25mg (14.94%), Selenium: 10.34µg (14.77%), Vitamin B5: 1.25mg (12.46%), Copper: 0.25mg (12.35%), Potassium:

413.31mg (11.81%), Vitamin B12: 0.68µg (11.3%), Iron: 1.76mg (9.76%), Magnesium: 36.2mg (9.05%), Fiber: 2.16g (8.65%), Vitamin A: 359.74IU (7.19%), Vitamin D: 0.98µg (6.55%), Folate: 23.93µg (5.98%), Calcium: 50.97mg (5.1%), Vitamin E: 0.46mg (3.06%)