



Ragin' Cajun Casserole



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



451 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes diced with garlic, basil, and oregano canned
- ☐ 1 rib celery diced
- ☐ 1.8 teaspoons creole seasoning
- ☐ 14 ounce chicken broth fat-free canned
- ☐ 2 garlic cloves minced
- ☐ 1 large bell pepper green cut into thin strips
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 small onion diced

- ☐ 0.8 cup rice long-grain uncooked
- ☐ 1 pound shrimp deveined cooked peeled
- ☐ 8 ounces sausage smoked low-fat cut into 1/4-inch slices

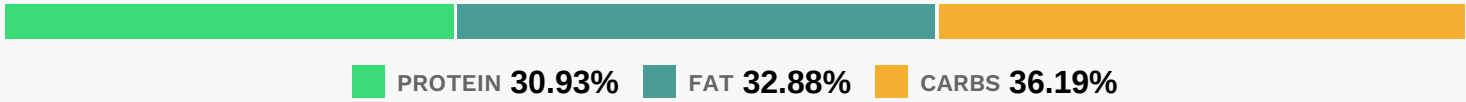
Equipment

- ☐ frying pan

Directions

- ☐ Peel shrimp, and devein, if desired; set aside.
- ☐ Saut smoked sausage in a large nonstick skillet over medium-high heat 3 to 4 minutes or until browned.
- ☐ Add onion and next 3 ingredients; saut 2 to 3 minutes.
- ☐ Add tomatoes and next 3 ingredients. Bring to a boil, and stir in rice; cover, reduce heat to low, and simmer 15 to 20 minutes or until liquid is absorbed. Stir in shrimp; cook 3 to 5 minutes or just until shrimp turn pink.

Nutrition Facts



Properties

Glycemic Index:65.55, Glycemic Load:19.51, Inflammation Score:-7, Nutrition Score:20.25%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 450.97kcal (22.55%), Fat: 16.58g (25.51%), Saturated Fat: 5.5g (34.38%), Carbohydrates: 41.06g (13.69%), Net Carbohydrates: 37.37g (13.59%), Sugar: 6.55g (7.28%), Cholesterol: 222.83mg (74.28%), Sodium: 1161.63mg (50.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.09g (70.17%), Vitamin C: 44.91mg (54.43%), Phosphorus: 405.41mg (40.54%), Copper: 0.8mg (40.13%), Manganese: 0.75mg (37.57%), Potassium: 900.14mg

(25.72%), Vitamin B6: 0.48mg (23.8%), Zinc: 3.52mg (23.44%), Selenium: 15.85µg (22.64%), Vitamin B3: 4.5mg (22.52%), Magnesium: 84.39mg (21.1%), Vitamin B1: 0.29mg (19.55%), Iron: 3.18mg (17.69%), Vitamin B12: 1.05µg (17.58%), Vitamin A: 764.35IU (15.29%), Fiber: 3.69g (14.75%), Calcium: 137.49mg (13.75%), Vitamin B2: 0.21mg (12.6%), Vitamin E: 1.76mg (11.73%), Vitamin B5: 1.08mg (10.78%), Vitamin K: 9.44µg (8.99%), Folate: 27.95µg (6.99%), Vitamin D: 0.62µg (4.16%)